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THURSDAY, SEPTEMBER 15TH 2016

NATIONAL EYE HEALTH WEEK
 MONDAY 19th - SUNDAY 25th SEPTEMBER 2016
 SEE OUR FEATURE ON PAGE 21 YOUR VISION MATTERS

Christmas Party Guide
 Pages 22-23



Rhoose villagers reach the top of Snowdon for Benjamin.

£13,000 is raised
 for a good cause

FUNDRAISERS CONQUER SNOWDON FOR BENJAMIN

LAST Saturday, 75 hardy Rhoose villagers climbed Snowdon in aid of Benjamin Morgan-Brownhill, a local man who has a life-threatening illness.

Benjamin (18) suffers from a rare kidney disease. He needs an expensive drug called Ecuzilumab, but despite applying twice to the Welsh Assembly he has been unsuccessful.

His supporters in the Vale hope to raise £175,000.

A spokeswoman for the fundraisers said: "Local resident, Sarah Louise James organised the climb, supported by local school teacher Damon Gibson who acted as the group's guide."

"The support Sarah received from residents and local businesses has been overwhelming."

"Annette Gill from Salon 100 put together goody bags for every climber with Tesco kindly donating bottled water. Everyone played their part."

(CONTINUED ON PAGE 5)

Getting muddy for Cancer Research



**Free parking
 will stop
 during the
 winter on
 Barry Island**
 (SEE STORY,
 PAGE 5)

ON Saturday, September 10, a dozen ladies from the Dinas Powys tennis club entered the Race for Life event in Cardiff.

This was called 'pretty muddy' and it lived up to the name. It was a 5k event over obstacles and if you did not look muddy enough, buckets of muddy water were thrown over you!

Zoe Follon provided 'The Ball Girls' (above) with their distinctive pink tops and Happyembroidery in the village printed them for no charge as it was a charity event. All the money raised is going to Cancer Research UK.

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'RESPECT WISHES OF MAJORITY'

I BELIEVE that over the last 30 years we have become immune to the hypocrisy of our politicians both at local and national levels.

It now appears that the only way that 'EU Remain' campaigners can express themselves is to emulate our politicians. The letter last week from Mr Delaney is an excellent example of this.

Mr Delaney is - we know from previous letters - a keen supporter of the Welsh Assembly.

Yet he apparently feels that our democracy is flawed when 72 per cent of the electorate turn out for the Brexit referendum.

He would do well to recall that the turnout for the Assembly Referenda peaked at 50 per cent and fell to a low of 36 per cent.

Yet he happily accepts the results of those referenda.

Democracy, it appears, is fine when the result is the one that Mr Delaney favours.

It really is time that the EU Remain brigade accepted democracy and respected the wishes of the majority.

One thing we can agree on is that the Brexit referendum was based on a pack of lies. Let's briefly look at some of those lies.

We were told that if we voted to leave the EU - not leave, just voted to leave, then the following would befall us...

From the office of the PM: If we vote to leave then we face the prospect of World War Three. Really!

From the Chancellor: A vote to leave will trigger an immediate austerity budget and a fall in house prices. Wrong on both counts.

From the Governor of the Bank of England and various Government economic advisors: "The stock market will collapse" - the reality is that the market is above pre referendum levels.

"Unemployment will rise" - we have seen unemployment fall since the referendum.

"Our exports will collapse" - we have seen an increase in the levels of exports in the latest reported figures.

"We will face the immediate prospect of a recession" - this has not happened.

"The EU will refuse to trade freely with us". This beggars belief given that EU countries would see a major decline in their economies.

Interestingly Mr Delaney then uses mind reading skills. He tells us that had the electorate not listened to the lies then the referendum result would have been much different.

With what can only be described as utter contempt for the intelligence of the electorate Mr Delaney also tells us that "many did not vote because they were too confused to vote".

I do not claim to be a mind reader and neither would I insult those that chose not to vote; none-the-less I am left wondering, had the Remain campaign not resorted to fear, terror and lies whether the result would have been an even greater majority voting to leave the EU.

Finally, although I am happy for my name to be printed I can understand the fear of many Brexit voters given the levels of abuse generated by Remain supporters.

John A Turner, Rhooose.

Readers' Letters

Please keep your letters BRIEF and address them to: **The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email gemeditorial@tindlenews.co.uk**

• Letters and e-mails MUST include your FULL address and a contact telephone number.

An email address alone is not sufficient!

We reserve the right to edit all letters. We do NOT accept anonymous mail.

'Performance of council not comparative to rise in rates'

I UNDERSTAND the frustration expressed by Steve Reed in his letter, 'Auditor General's praise for council 'rubs very raw' (The GEM, August 8).

I've taken some time to consider the Auditor General's words and the self-praise from the council.

At the start of the Auditor General's report the highlighted headline says: 'The council has a clear vision of what it wishes to achieve, and is making positive changes which should ensure it is well placed to continue securing improvement'.

A few carefully chosen words but like so many of us they know what they would like to achieve, but I'm not sure the 'vision' promises continued improvement.

The gap between 'vision' and 'performance' is very wide indeed.

The council's cabinet report converts the auditor's recognition of 'a clear vision' to improved performance and fails to mention the report's recommendations for 'balanced reporting'; 'focusing performance' - reporting on the most important areas, and the connection between

'activity and outcomes'.

Leading councillors are well rehearsed in expressing the severe financial constraints upon the council but our council tax has been raised by about 18 per cent in the last four years and I would argue there has not been a comparative improvement in performance, despite all the irritating boasts, including that the report is 'robust evidence... we are performing efficiently'.

Steve Reed is right to point out the cuts to library services and the massive increase in house building in our communities with little evidence of investment. I can also recall several very critical internal audit reports which never received the same 'pats on the back' and seem to have faded into the ether.

Dennis Harkus, FocusBARRY member.

'A future under the EU was uncertain'

INTERESTINGLY, your previously pro-EU correspondent agrees now that Brexit will take us out of the frying pan which is the EU.

The long list of areas over which the UK government will resume control simply shows how much power of self determination we have lost.

We never had a referendum on giving it all away but now, perversely, some people want another referendum on taking it back!

What "exactly" will Brexit will look like? Well, what "exactly" would staying in have looked like?

How will the EU save its ill-starred and hubristic Euro and the hopelessly insolvent Italian banks?

With an EU income tax perhaps? There are moves to give us all an EU tax reference number.

Would our own armed forces have come under a European army's control? Goodbye regional funding when Albania, Montenegro, Serbia et al join the EU.

No-one knows "exactly" what will or would have happened, but outside the EU we shall have more control over our own affairs than if we were governed by the unelected and unaccountable cabal which is the European Commission.

Meanwhile, the EU economy stagnates, the Brexit recession refuses to happen and negotiations continue for the UK's own non EU trade deals.

R Bradshaw, Cowbridge.

'Stop moaning about Brexit'

I N answer to Mr Marc Delaney, because you lost don't throw your toys out of the pram.

There were plenty of lies told on both sides, but the vote was decided.

I never voted for the current party in power, but I cannot ask for another election.

The people voted, so did the MPs, so let's get on with it. **Keith Croft, Brynna.**

'Nazi helmet shame' of motorcyclist

A S I and my father, who is 94, were walking along Cowbridge High Street at around 5.30pm recently, we heard a motorcycle approach.

It was a big, loud one and the rider appeared to have affected the dress of a 'Hell's Angel'.

"Each unto their own," I thought. However, my father, a veteran of World War Two, stood and stared. The rider was wearing a Nazi era helmet.

My father, who has less than pleasant memories of fighting

men who were wearing the 'stahlhelm', men who had killed his comrades and slaughtered Jews and other civilians by the thousand, was appalled.

He drew himself up like a ramrod and was marching over like a man 70 years his junior to remonstrate with the rider when he rode off.

It is disgusting that this symbol of oppression and violence should be an acceptable accessory.

I hope all right-minded motorcyclists will shun and shame this dreadful man! **Tanya Millbank, Llantwit Major.**

Keep Cosmeston Park free for all

YOU invited GEM readers to express their views on the future of Cosmeston Park, and here is mine:

No, I don't think it is a good idea to charge fees, for parking or entry. The reason is that there should be some free places like Cosmeston Park available for the less well off to take their families or themselves for a relaxed outing on a frequent basis.

Denying such facilities only marginalises the already marginalised sections of our community. That, quite apart from the losses incurred by these

sections of our community, which too many of us these days appear to be ignoring, also has hidden longer term negative consequences because at least some marginalised persons do undoubtedly resort to anti-social behaviour, as well as more serious crime.

And handing over to private interests, charity or otherwise, should be the very last thing to be thought of.

Indeed, it should simply not be thought of at all, because it would even more forcefully bring about the undesirable situation I have outlined above.

Marc Delaney Barry.

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HIGH TIDE TIMES (UNTIL SEPTEMBER 22)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 - 25 minutes later.

DATE	Time	Ht	Time	Ht
	AM	M	PM	M
15 Thur	05.59	9.2	18.23	9.7
16 Fri	06.48	9.8	19.07	10.3
17 Sat	07.29	10.5	19.51	10.6
18 Sun	08.11	10.5	20.32	10.7
19 Mon	08.56	10.5	21.14	10.7
20 Tues	09.35	10.5	21.59	10.3
21 Wed	10.15	10.1	22.42	9.7
22 Thur	11.03	9.5	23.31	9.2

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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PROTEST GROUP IS ENCOURAGED AS... Planning consent is deferred on URC development scheme

PLANNING proposals for Windsor Road United Reform Church were deferred by Vale councillors at a meeting last Thursday, September 8.

Developers, DS Properties (Barry) Ltd, would like to convert the church and school buildings into 22 homes, and office space too.

The local Wraparound Group think the scheme will generate another 58 cars in the local area and think car parking should be included on site in the interests of road safety and to ease on-street parking.

Both parties say they welcome the deferral.

Laurence Blight who spoke on behalf of residents at the planning meeting told The GEM: "We were pleased the councillors took note of the depth of feeling and the strong argument put forward by the residents, and that they voted to defer their decision on the application, asking the developer to go away and consider introducing on-site parking."

"We are concerned that planning indicated that this has already been exhaustively discussed, but are hopeful, given the vote from the committee, that the developer will have a change of heart and will amend his plan to introduce sufficient on-site parking to meet the needs of the development."

"Highways confirmed in their report to the committee that at peak times there is no slack in the local roads and the pictures on our website confirm this."

Local residents conducted a survey which they say demonstrated that current



Protest posters have been placed around the local area to highlight the problem of on-road parking.

demand, when coupled with the needs of ongoing development of the area, results in too many vehicles and too few kerb-side parking spaces – even before the URC development was under consideration.

Mr Blight also said out that in the past planning officers have refused applications in which there have been "zero parking spaces provided" and have said it would breach the council's policy.

He added: "URC needs at least 58 parking spaces. In this case the developer is offering the same, zero – but bizarrely planning has recommended approval, we find this conflict in stance and lack of consistency difficult to fathom."

"We understand the church is a county treasure, but the school buildings are unremarkable and could therefore make way for the developer to provide sufficient parking for his needs."

"The whole community has come together to back the campaign, with nearly 60 people attending the Vale planning meeting."

"We appreciate the unusual step taken by the planning committee to defer, and we look

forward to seeing changes in the plans reflecting that the overwhelming concerns of the whole community have been taken on board."

Simon Baston, director and owner of DS Properties (Barry) Ltd said the company was happy to re-examine features of the scheme.

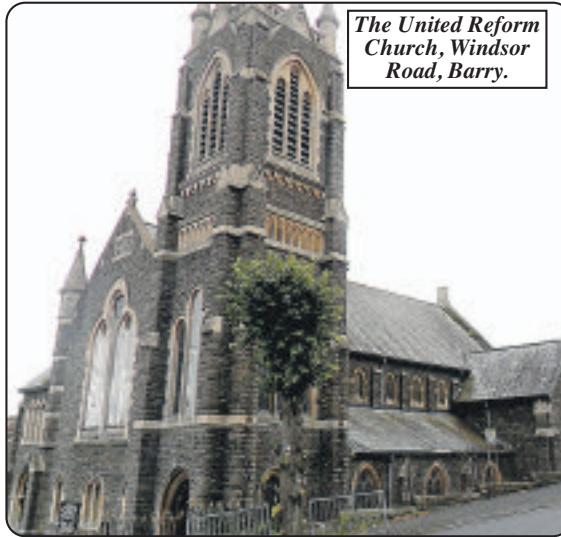
"We are pleased the committee came to this decision because we will have the opportunity to exhaust every aspect of parking there – and demonstrate to the protest group how sincere we are in our duty of care to them."

Mr Baston emphasised the company had completed six complex schemes in the town – including the successful redevelopment of the Pump House – and had demonstrated a commitment and a skill-set that not all developers could match.

He added that every possible avenue would be explored to ensure a "better environment" locally.

The United Reform Church is one of the most recognisable buildings in Barry and was opened in 1903.

The Wraparound Group has put up a number of posters locally to highlight their cause.



The United Reform Church, Windsor Road, Barry.



JAMIE, 8, WINS A NATIONAL DESIGN COMPETITION



The moment Jamie Spear discovered he was the winner.



Jamie's winning design

JAMIE SPEAR (8), from Barry, has won a place in a design team for Brecon Carreg Mineral Water.

He joins five other schoolchildren, all of whom will have their designs featured on special bottles.

Jamie, from Jenner Park Primary School, came up with a novel idea for an old water bottle: a rain catcher.

Budding designers were asked to submit ideas for a revamped label for its 300ml bottles, and for each entry

received Brecon Carreg made a donation to the charity Follow Your Dreams, which helps children with disabilities to follow their dreams.

The competition received hundreds of entries and, after an intensive judging process, the panel decided that the quality of entries was so high that they created three additional finalists.

Designs included fun facts about water, jokes and ways to re-use your bottles.

The new design will be available for purchase from Tesco in September.

Sponsor a 'Pudsey spot' for charity!

Pudsey spots are ready on Kevin's car for your donations.

LOCAL driving instructor Kevin Jones is aiming to raise funds for Children in Need, but needs the support of the local community.

Kevin explained: "I'm raising money for the charity by getting people to sponsor a Pudsey spot on my car."

"On the spot someone can write a message or company logo and it will stay on my car until Christmas."

Kevin, a fully qualified driving instructor for nearly three years, wanted to



get involved with the cause because it is an event that brings driving instructors together from all over the UK to raise as much money as possible.

He added: "I've got six-year-old daughter and touch wood she is healthy but no one knows what is around

the corner.

"Each year we buy the Pudsey t-shirt etc but I wanted to do a bit more and I'm honoured to be chosen as a lead car as well."

If people would like to 'buy a spot' they can contact Kevin on 07976 687 231.

Mozart starts Monday concerts at All Saints Penarth

THE autumn season of lunchtime music at All Saints Church, Penarth, begins with the Cathays Chamber Players (Mozart piano trio and quartet) on Monday, September 19 at All Saints Church, Penarth, from 1pm to 2pm.

Entry is free, although donations towards the church organ fund will be gratefully received. Bring your own lunch, although tea and coffee will be provided.

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Barry Rugby Football Club

NOTICE OF ANNUAL GENERAL MEETING

to be held at The Clubhouse, Thursday, September 22nd at 7.30pm.

Propositions must be sent to the secretary in writing a week prior.

Great attendance at first class Dinas Powys show – despite the downpours!



ABOVE: Sam May, Alex Munford, Huw Jenkins Welsh and Sam Bolt, with Mr Mike Edwards at the Meccano zone.



ALTHOUGH the rain poured down last Saturday, people also poured into the village show at Dinas Powys!

The organisers were faced with serious decisions and quickly rearranged the show to accommodate some of the outdoor activities into the Parish and Lee Hall.

Children's entertainment, including the Punch and Judy shows and face-painting were moved into the Lee Hall.

The Meccano tables inside the hall were a huge attraction to the youngsters, and space was also found for Dinas Powys Voluntary Concern and the Vale Council's Creative Rural Communities tables.

The result was another first class show with hundreds of supporters viewing the many entries into the majority of the available 130 Classes in the show schedule.

The show chairman, Val Hartrey, thanked all the helpers, all those who had entered the Classes and especially all those who had braved the heavy rain to get to the show.

Keith Hatton thanked the many show patrons and the advertisers for their generosity. Likewise, there had been strong support from local businesses ensuring excellent raffle prizes.

The raffle ticket sellers, Tim Haigh, Chris Franks and Richard Grigg, were kept extremely busy for the entire afternoon. There was a queue for the ever popular Womens Institute Teas.

Although entries were down in some classes, the DP Community Council Cup for Craftwork was won by Sylvia Thompson and the National Westminster Cup for Needlework was won by Sara Kear-Smith.

It had been a difficult year for garden produce but quality entries had been received and the Harry Phillips Plate for Fruit and Vegetables was won by Cecil Townsend.

The Green family won the British Gas Wales Cup in the cooking, baking and preserving section and Connie Thomas was successful in winning the D Hampton-Jeffery Cup for Painting and Drawing.

Cecil Townsend gained the highest number of points in show and received the Women's Institute Plate for his efforts.

Sylvia Thompson was awarded the Randell Rose Bowl for Floral Art and Paul Templing again won the Bernard McParlin Cup for Photography.

Elizabeth Richards gained the DP Garden Society Cup for Flowers, Shrubs and Houseplants.

In the young persons' classes, the Dell Smith Cup for Nursery Classes was won by Tomas Green and the J Brockhurst Cup for Reception Classes was won by Grace Tomlinson.

Two siblings, Rory and Izzy Seekings won the Aquarius Cup for KS 1 Years 1 and 2 and the DP and St Andrews WI Cup for KS2 Years 3 and 4 respectively.

Aaron Davies won the St Cyres School Cup for KS2 Years 5 and 6 and Tomos Green gained the highest points in the Young People's classes and received the Enid Jackson Cup.

Val Hartrey said she was very pleased with the way everybody had pulled together to ensure the show was such a success.

She expressed her thanks to the Rotary Club and Dinas Powys Baptist Church for their help to dismantle all the stalls and infrastructure, a not inconsiderable task!

CF



Richard Grigg with his bunch of home grown grapes.

FUN CYCLE RIDE WILL AID RNLI



Carl Reed and Chris Hobbs of Kier Construction; Jon Atkins Coxswain and Richard Tutton Mechanic RNLI Barry Dock.

FBE Cambria, the forum for the property, development, construction and infrastructure industries in south east Wales has organised a cycle ride on September 23 to help raise funds for RNLI Lifeboat Stations in Penarth, Barry Dock and Porthcawl.

The ride will depart from the Barry RNLI visitors centre and travel to Porthcawl Lifeboat Station before returning to Barry.

Paul Gardner, sales and marketing director of Prescott Jones Property and Construction Risks, and current chairman of FBE Cambria said: "Our charity cycle ride each year has become a popular event and key to our overall fundraising efforts. No one

could have failed to miss work of the work of the RNLI in high profile incidents in recent weeks. I am proud of our industry's efforts to raise funding for their work in our area.

"I would like to acknowledge the financial support of Kier Construction, Rio Architects, McCann and Partners, and my own organisation, Prescott Jones, which means that every single penny raised in this event will go to the RNLI."

Jen Abell, community fundraising manager for RNLI said: "It's fantastic that FBE Cambria chose RNLI as their charity for 2016. Without being chosen by organisations such as this, the RNLI couldn't continue to save lives."

Those wishing to take part in the event can register at www.fbeonline.co.uk.

'Praise for 'Authentic' Barry at War Weekend

THIS year's Barry at War Weekend has been described as a 'great success' with hundreds of local people braving some very wet weather to attend the event's Saturday morning launch and flag-raising ceremony.

The spirit of the 1940s was revived at the Barry Island Heritage Railway Centre, which was replete with World War Two equipment, vehicles and re-enactors. The event, led this year by Ian Phillips and Glen Booker, both dressed in period US Army fatigues, is designed to raise awareness of Barry's role in the conflicts of the 20th Century.

Visitors were able to handle period weapons, browse book stalls and ride on the authentic steam engines of the era. There were also lectures about the role that local people played in both world wars an Anderson Shelter, a replica field trench and a even wartime kitchen.

The event additionally showcased the work of the Royal Air Force Association, the RNLI and the British Heart Foundation.

Vale MP Alun Cairns, one of many

to brave Saturday's deluge to attend the flag raising ceremony, said: "The community owe thanks to the Barry at War organisers and to John Buxton for hosting this fantastic event at the Heritage Railway Centre. The overhead shelter and indoor rooms were certainly appreciated this year due to the weather.

"The wartime spirit was certainly alive this weekend, with so many local people coming together and celebrating the generation who gave so much to keep us safe and free. I could not help be impressed by the knowledge of local people and by the authenticity of the costumes.

"If you were unfortunate enough to miss this year's Wartime Weekend, then I recommend a visit to the Barry at War Museum which is open all year round and has recently been updated with new exhibits."

The Barry at War Museum at the Railway Heritage Centre on Barry Island is open from 2pm to 4pm every Wednesday and on the second Sunday of every month between 11am and 4pm.



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Sully U3A and 'The Italian Connection'

THE speaker at Sully U3A's September meeting was Romeo Basini, who spoke on 'The Italian Connection'.

He told members about the village of Bardi, near Parma, where he had been brought up. He told how the walk to school was an hour each way and the nearest doctor was nearly two hours away and would have to be fetched on foot.

The village was self-supporting with a thriving market and you would find three or four generations of the same family living there.

In the late 19th century, news began to filter through that money could be made in the countries further north, particularly from the thriving coal industry, and from the late 19th to the 20th century, many of Bardi's inhabitants left and emigrated to France, Germany, Switzerland, Belgium and particularly Wales, where they had a notable impact on Welsh life.

These immigrants walked across Europe and worked in a wide range of jobs.

However, one thing they noticed on their travels through France were the cafes, and this was one gap that they were able to fill on their arrival in Wales where the cafes became social centres for all sorts of activities, including football teams and elections. This soon expanded to ice cream parlours and fish and chip shops.

Romeo showed slides of Bardi and entertained the audience by playing popular songs on his accordion. Vice chairman, Dai Jones, thanked him for an entertaining afternoon.

The next meeting will be at 2pm on Thursday, October 13 in The Old School, Sully, when the speaker will be Gareth Kiddie talking on the restoration of the Galilee Chapel at Llantwit Major. New members are always welcome.

SUE COLMAN

An end to free car parking on the Island over winter months

AN Island trader is concerned that new car parking charges could be a deterrent to visitors and affect business over the winter months.

Mark Vockins, who owns the Quasar

attraction, told The GEM that he only discovered there would be a charge for parking from October because a customer mentioned it to him. "On Sunday (September 11) a customer came in and told

by GEM REPORTER

me that he'd paid £2.50, but he'd got confused and had paid the price effective from October 1."

In the past there has been free parking from October 1, but this year the charge will be 50p for under an hour and £2.50 for over an hour.

Mark said: "I've been here for 12 years and from October it's always been free. It is disgusting and will put off dog walkers (through the winter months). Some come twice a day - they'll decide to go somewhere else and the coffee shops

and other outlets might miss out on business."

Mark also pointed out that it would effectively make the Island more expensive to park at on a Sunday than St David's Centre which charges £2. "The council hasn't held a meeting with traders on this. Someone said they'd sent an email about it, but I haven't seen it."

Coun Peter King, the cabinet member for building services, highways and transportation, explained that funds gathered from car park charges are vital in order to cover their maintenance and running costs.

He added: "We hope

that keeping car parks in a good state of repair will actually encourage visitors and provide a boost to businesses in the area.

"Parking at Barry Island is cheaper than at any other coastal car park we operate."

"At other sites, prices remain the same all year round, while at Barry Island there will be a significant reduction in parking costs throughout the winter months."

"Discussions about a change in winter parking prices have been taking place for two years and a cabinet report on the matter went through in April."

POST OFFICE CLOSURE: WAS IT A 'DONE DEAL'?

I AM writing following the item featured in last week's GEM submitted by AM Jane Hutt.

I feel dismayed that the Post Office has chosen to take this course of action, particularly as there is such a huge opposition to it from the people of Barry.

I attended a recent public meeting at which Post Office representatives were present to field questions. I felt less than optimistic that concerns were being seriously taken on board and felt the closure was a 'done deal', as did others who were in attendance.

While a public consultation was undertaken, it appears to me that the Post Office failed to follow its own code of practice on consultation and communication with respect to change in its network, and the consultation was a pointless token gesture.

It was never clear what decisions would be influenced through public consultation, and neither has the detail distilled from the exercise been made widely known.

I can see little evidence that the consultation process gave any regard to the local factors affecting its

customers and the decision to close the branch was already set in stone well before any consultation process ever commenced.

I am wondering if the Post Office has ever undertaken a customer satisfaction survey with regard to its current services provided by local convenience stores in the area, as they are deluding themselves if they feel confident that their future business model can be transferred and absorbed into these existing stores.

My guess is that the Post Office closure will lead to a mass migration away from services once provided by it as there will be no prospect, from what I have seen and experienced, of the same level of quality and reliability being transferred unless a total rethink is undertaken.

Many branches are not fit for purpose in their layout and the checks and measures

which one has come to take for granted within the Crown Post Office are far less evident.

The Post Office staff have always impressed me with their knowledge and expertise, customer interaction and professionalism. I feel confident that they have met stringent requirements set by the Post Office and are appropriately trained in what they do.

Sadly, I can see nothing which vaguely resembles this benchmark standard in the alternative arrangements that are being proposed following the Crown PO closure and it does feel as though the people of Barry will be expected to make do with, what at this time looks like, a lesser service far less attuned to the needs and expectations of the customers it is hoping to retain.

Rob Taylor, Barry.

Plaudits for BT Broadband are questioned by a rural campaigner

by GEM REPORTER

BT Wales received plaudits from Vale AM Jane Hutt this week, only for a campaigning group to question the company's broadband provision.

On September 7, Vale AM Jane Hutt, met with BT Wales director Alwen Williams to discuss superfast broadband coverage in the Vale.

Ms Hutt said that she was pleased to see the latest figures showing that more than 90 per cent of the constituency has superfast coverage.

According to Ms Hutt, this puts Wales ahead of Scotland and Northern Ireland in terms of 'rollout'.

She said: "Through the Superfast Cymru project, the Welsh Government is committed to making Wales a truly digital nation and ensuring that everyone has access to high speed broadband."

Funding for this project comes from the UK Government, the Welsh Government, BT and the EU.

Rachel Evans, director for Wales of Countryside Alliance (CA) - which has mounted a long campaign to improve rural broadband and digital inclusion - also welcomed the report, but with caveats.

She said: "It is great news that 90 per cent of the Vale has superfast broadband, but this is not a picture recognised by many of my members in rural areas who are still not connected or receive an unacceptably slow

connection."

Ms Evans gave the example of a businesswoman and CA member in Llanccadle.

"She has a 'real' shop as well as an online store, but has an extremely slow connection (at Llanccadle) and struggles to connect with her customers and suppliers."

Ms Evans also said that she is concerned that Superfast Cymru is "prioritising customers who are easier to connect in urban areas".

"Another example," began Ms Evans, "is Natalie Lewis, who has been waiting for a broadband connection to the family farm in Llangan in the Vale for more than nine months."

"BT Openreach has failed to get the farm connected and the only solution offered by the provider was to move closer to the exchange."

"This is an absurd suggestion for people living on and working a farm."

Ms Evans said Superfast Cymru seems to be failing rural residents who are at a disadvantage compared to those fortunate to be on a simpler installation route.

"In this digital age, when we are required to do so much online, this is unacceptable."

The GEM is interested to read your experience of superfast broadband in the Vale, especially in the more rural areas for business or domestic use.

Please write to gemeditorial@tindlenews.co.uk, including your name, address and telephone number.

COLLISION ON BARRY ROAD



ABOVE: There was a collision on Barry Road, Barry, on Tuesday afternoon, involving a blue Punto and a Mini. It took place at around 2.50pm on Tuesday, September 13. Police were swift on the scene. A local resident told The GEM: "It took place at a busy time when people were heading off to pick children up from school. It was gridlock on Barry Road and the road was closed for some time."



SNOWDON CLIMB FOR BENJAMIN

CONTINUED FROM PAGE 1

The spokeswoman continued: "The weather for the climb was perfect and everyone managed to reach the summit which was a tremendous achievement."

"What was even more inspiring is that the climb raised a staggering £13,000 in sponsorship and donations."

"A massive well done and thank you to everyone involved in making this event such a success and a truly memorable day."

To make a donation to help Benjamin, go to: <https://www.gofundme.com/a3zehc4>.

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Becoming a 'Master of Wine' is a testing process for Richard

by PHILIP IRWIN



Richard Ballantyne.

THERE was great news this week for Cowbridge resident **Richard Ballantyne** – but the sting in the tail is that he may now be the town's most intimidating dinner guest.

After all, when planning a soiree or dinner party, it can be tricky choosing the right wine to accompany your latest attempt to create a Masterchef show-stopper.

Think how scary it could get if one of your guests is a 'Master of Wine'!

What's more, the title Master of Wine (MW) is no ten-a-penny correspondence course. In the world today there are only 353, scattered through 28 countries, and this Monday Richard was one of 13 new masters!

The name Ballantyne's is well known in Cowbridge. The wine merchants in Westgate was run by Richard and his father, and it closed in 2006.

They also had a similar store in Pontcanna, Cardiff, from 2002 to 2011.

Although Richard studied electronic engineering, the wine business was always beckoning, and he joined the family business in 1991 at the age of 18.

Richard told The GEM: "Since the Pontcanna store closed, I have worked for three wine importing companies."

"In 2011, I joined wholesaler Matthew Clark as their wine development specialist for London in the new business team, and a year or so later became regional account manager for Armit Wines."

"I spent four years there working with the great retailers and wholesalers of the UK with a portfolio heavy with the great producers of Italy."

Richard is now UK accounts manager for Vinexus, a specialist importer of Italian wines, and readers may have guessed by now that Italy has become his obsession, more precisely the great wines of Piedmont.

Apart from being hooked on the Nebbiolo grape – most associated with Barolo and

Barbaresco wines – Richard is interested in wines which show 'authenticity of style', wherever they may come from, but invariably this leads him back to his home turf of Italy.

The Masters of Wine examination consists of three stages – theory and practical first – followed by a research paper, an in-depth study on a wine-related topic from any area of the sciences, arts, humanities, or social sciences.

Theory is pretty much what it suggests – understanding the science of wine and all aspects of its production. You sit that in the morning, and come back in the afternoon for the practical.

It is in this session that you find out if you have a good enough palate to become a Master of Wine.

Richard said: "I had been tasting wine since I was a child, so I was fairly confident about this."

"You have two minutes with each sample, and have to identify the grape, the region, and as much else as you can." Incidentally, wine

complex red grown south of Turin called Barolo.

It is produced in a small area, with only 170 producers. It is a wine that has resisted modern production techniques. Screw tops, for instance, are illegal.

His research paper was entitled: "Barolo - Is there an economic benefit in producing under a Cru Label Designation? If there is, what are the reasons?"

This time, he found favour with the judges, and the big announcement came this week.

It means that if anyone in the world needs an expert in Barolo, Richard will be the one who will be recommended.

Barolo incidentally, ranges in price from £20 a bottle to £400. You may have seen bottles in supermarkets at around the £12 mark but, in Richard's opinion, these don't offer the true Barolo experience.

Later this year, Richard will be at the Vintner's Hall in London for his official induction as a Master of Wine.

After that, it will be back to the grindstone, assessing the new vintages in Tuscany,

Piedmont, Chablis and Burgundy.

It's a tough job but.... **GEM NOTE:** This week's new Masters of Wine (MWs) live in eight countries – Australia, China, France, India, Ireland, Taiwan, the UK and the USA.

The new Masters of Wine are **Richard Ballantyne (UK); Bree Boskov (Australia); Barbara Boyle (Ireland); Matt Deller MW (USA); Matthew Forster (UK); Sonal Holland (India); Jeremy Lithgow (UK); Mary Margaret McCamic (USA); Iain Munson (France); Mick O'Connell (Ireland); Mark Pygott (Taiwan); Ana-Emilia Sapungiu (UK); Fongyee Walker (China).**

'Rest in peace Eileen'

EILEEN YOUNGHUSBAND from Sully died recently in hospital in Cardiff, at the age of 95. She was part of the

Women's Auxiliary Air Force (WAAF) and in later life became an author, writing about her war experiences.

Vale AM Jane Hutt, who knew Eileen, said: "I am extremely proud to have known this incredible woman who was always very supportive of me."

"At the Barry At War event last weekend, we stood in a minute's silence in her honour. Eileen always attended these events and wrote about her experiences in the war. Rest in peace, Eileen."

NEWS IN BRIEF

Scout jumble in Dinas Powys

THE 1st Dinas Powys Scout Group jumble sale will be held on Saturday, October 1 at 1.30pm at the Scout hall, Highwalls Road, Dinas Powys.

Admission 50p, children admitted free.

AM's surgery
JANE Hutt AM will hold an advice surgery from 10am – 11am at Age Connects Cardiff and Vale Senior Health Shop, 38 Holton Road Barry on Friday, September 23.

No appointment is needed. Contact 01446 732385 for further information.

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Luke back on track thanks to opportunity with training provider

A BARRY teenager who left school without any future plans after health issues threatened to stop him sitting his exams altogether now has his sights set on a successful career in sport following support from local training providers.

Luke Whitchurch is to go on and study for a BTEC with Cardiff City Foundation after ACT Training's summer school programme helped him deal with anxiety issues doctors once feared could stop him finishing school at all.

The 16-year-old was an A* student when he started high school but was later diagnosed with anxiety and depression, before he spotted an advert to join Wales' leading training provider on an eight-week skills course at its centre in Barry this summer.

ACT Training took over the Holton Road premises in September 2015 to help 16-18 year-olds in Barry gain career skills in fields including automotive engineering, business administration, construction, IT and many more through its traineeship engagement programme.

Last week Luke returned to help staff celebrate the centre's first anniversary.

He said: "I missed the first two days of the ACT course because of my anxiety, but when I eventually found the confidence to go in everyone was so welcoming, and over the next few weeks we went back to basics and I learned how to cope with different situations I was likely to deal with in the world of work."



Wyn Blight and Luke Whitchurch

"I was learning so much but because it didn't feel like a classroom environment I was so much more relaxed, and by the time I came to have my post-GCSE interview with the careers service a few weeks later, I had the confidence to have a proper conversation about where I wanted to go, and what I wanted to do."

Barry centre manager Wyn Blight said: "When we first arrived in Barry a year ago, few people were aware of what ACT Training was all about, but over the past 12 months we've been made to feel really welcome by both the business and local community around us."

"It's been a huge pleasure to engage with learners and employers alike locally, to ensure opportunities for young people in the area continue to be forthcoming, and we look forward as a team to creating many more in the interests of young people based locally in future too."

Drinking fountains at Victoria Park at last



PICTURED (left to right): Coun Neil Moore; Gwyneth Cockram; Sian Jones (chairperson of Friends of Victoria Park); Mike Parsons, craft gardener; Coun Fred Johnson; Nigel Cockram and Rocky the dog.

ON September 6, the Leader of the Vale Council, Neil Moore, and fellow Cadoc ward councillor, Fred Johnson, visited Victoria Park to meet members of the Friends of Victoria Park, and officially unveil the new drinking fountains.

They were impressed with the new 'state of the art' Endura 2 bottle filling station, with its three separate drinking stations and its ease of use. On what was a very warm morning, they were especially happy to try some of the cooling water as well.

Installed during the summer holidays, the drinking fountains have already proved a massive hit with visitors.

With a three-tier fountain installed near the multi-sports area, visitors and sport players can have a refreshing drink, fill up their hydration packs and bottles using the bottle filler, and even give their four-legged friends a drink using the bespoke dog bowl fountain.

At the other end of the park, in the children's play area, another low-level wheelchair-accessible fountain supplies a cooling drink for the younger visitors and their parents.

Coun Neil Moore said: "The drinking fountains are a tremendous addition to the facilities at

Victoria Park, and it is a pleasure to be able to unveil the new fountains this morning. Drinking fresh water is a fantastic way to improve your health and fitness, so having these fountains available for visitors to use right in the middle of the park is superb."

Coun Fred Johnson added: "Being able to secure funding for these fountains, as part of the Main Street area improvement scheme, has been a wonderful opportunity for the Friends Group and the people of Cadoc. To enjoy free water, with all the health benefits it brings, can only be a good thing."

Chairperson of the 'Friends', Sian Jones, was overjoyed to see the unveiling.

"It's been many years since we first put the item of new drinking fountains on our group minutes, and now they are finally installed and working is just superb. Thanks to our local councillors for making it all possible. I hope everyone (and their dogs) will enjoy the health benefits, and come and have a drink on us!"

Lavernock hosts Harvest Thanksgiving

THE former church of St Lawrence at Fort Road, Lavernock will hold a harvest thanksgiving service on Sunday, September 18 at 3pm.

There will be the usual rousing hymns to sing and traditional harvest produce on display, as befits an old country church.

Anne Thomas will be at the French harmonium and the special preacher will be the Rev Mark Jones, priest-in-charge of the Parish of Penarth and Llandough.

There will be a warm welcome for all who would like to attend and a free car park is available just before the church on the left of Fort Road.

For satnav users, the postcode is CF64 5UL.

At the end of the service, fruit, vegetables and flowers can be taken home for a small donation towards the upkeep of the building.

For further information about the former church and the service, see the website www.lavernockchurch.net or phone the Rev Margaret Stark on 029 20701303.

A LITERARY WEEK IN PENARTH!

THE Penarth Literature Festival (formerly Penarth Book Festival) has announced its programme for 2016.

This year's festival will take place from Sunday, October 2 to Sunday, October 9 and features authors from all over the UK speaking on subjects from crime to cooking, cricket to country life.

Opening the festival, actor and writer Dick Johns will read from his collection of short stories at Waterloo Tea in Penarth.

Sports journalist and

cricketer Steve James, together with Glamorgan cricketer Mark Frost, will discuss their sport on Monday, October 3 at Penarth Athletic Club.

On Tuesday, October 4, renowned crime writer Barry Bingham will be in conversation with MR Hall at Holm House, where the audience will also be refreshed by coffee, tea and patisserie.

Jonathan Hicks and Phil Carradice will talk about Great Battles of 1916 in this centenary year of one of the most dramatic and historic years associated with World War I.

Dr Jonathan Hicks has recently published *The Welsh at Mametz Wood, The Somme 1916* and Phil Carradice is an esteemed local historian. They will discuss this historic year on Wednesday, October 5 at All Saints' Church.

The full programme of events can be found online at www.penarthlifefest.org.uk or by picking up a brochure from Griffin Books and around town.

Competition to name housing development

NEWYDD Housing Association is asking Barry residents to name a new housing development at Woodlands Road.

A cash prize of £50 is on offer. To be in with a chance of winning for naming this £3.5m development of 30 new apartments, Newydd is looking for a name that captures the essence of the project – based on a local connection or an historic interest.

In 1879, the earliest record of land use at the site was farmland, although there was an old limekiln to the east. At the end of the 19th century, the site became home to Barry's nurses' home and maternity hospital.

Named 'Woodlands House,' it was built in 1897 to commemorate Queen Victoria's

diamond jubilee. Constructed for £1,000, it was built to establish a permanent home for nurses in Barry.

During World War Two, it was converted into a maternity unit for RAF officers' wives, before becoming Barry Maternity Hospital in 1955. By 1970 the hospital expanded and a hostel and training centre was built.

Most recently, the building was used as an adult training centre until 2011, when the service was closed.

Newydd Housing Association acquired the land in 2016. Entries can be emailed to kathryn.morris@newydd.co.uk or sent to Kathryn Morris, Newydd, 5 Village Way, Tongwynlais CF15 7NE, and must be received by October 7, 2016.

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Vale Council tops the 'authority charts' in Wales again

THE Vale Council has been ranked the highest performing local authority in Wales for the second year running.

The 2015-16 local government performance bulletin, compiled by the Data Unit Wales, assesses councils' performance in 44 high priority areas.

The Vale Council was ranked in the top group of councils for 26 of these.

The Vale performed better than the average in three quarters of all measures when compared with other councils in south east Wales and in 77 per cent of the indicators when compared with all councils across the country.

The Vale Council recorded a perfect performance for nine key areas of its work.

Achievements in these areas included ensuring that no pupils left compulsory education, training or work-based learning without an approved

external qualification, and that 100 per cent of the Vale's carers' needs were assessed.

Coun Neil Moore, Leader of the Vale Council, said:

"Everyone at the Vale of Glamorgan Council is naturally delighted to see the council ranked as the best performing in Wales for the second year running.

"Our first-rate performance in recent years has been driven by the knowledge that our services have a direct impact on the quality of life experienced by all residents of the Vale.

"After topping the performance table in 2015 I said that we could not be complacent and must push ourselves to do in even better in future. This is exactly what has happened. We have not just maintained our position, but have in fact improved our performance in more than half of these vital areas of our work."



Council honours members of the Merchant Navy

ON September 2, members of the Vale Council congregated at the Merchant Navy Monument, at Barry's Civic Centre, to honour members of the Merchant Navy and those of the earlier Mercantile Marine.

The ceremony paid tribute to all seafarers, past and present, with the Red Ensign – the UK Merchant Navy's official flag – being flown as a symbol of respect for those that made the ultimate sacrifice during both World Wars.

The Merchant Navy Memorial at Barry was built in 1996; it commemorates the merchant seamen of Barry and the Vale who died in the First and Second World Wars.

Vale Council Leader, Neil Moore, said: "As shown earlier this month, at the Armed Forces Covenant meeting, in the Vale of Glamorgan we fully appreciate the sacrifices made by the serving members of our county. The Merchant Navy ceremony allowed us to again pay tribute to those who served in both World Wars, and also the modern day seafarers who are responsible for UK imports."



'Cardiff's success is great, but don't forget Vale' says AM

NEWS that Cardiff is now the sixth most prosperous city in the UK is to be welcomed, but surrounding areas like the Vale must get to share in the success, according to Welsh Conservative

Leader and South Wales Central AM Andrew RT Davies.

The capital moved up one place to sixth in the Barclays Wealth Prosperity Map City Index, with a 12 per cent rise in turnover for small and medium-sized businesses, GDP up 9.7 per cent per head and a 10 per cent rise in the number of businesses founded.

Mr Davies said: "It is fantastic news that Cardiff has become the UK's sixth most prosperous city, with businesses on the up and small and medium enterprises reporting a

12 per cent increase in turnover and GDP up 7 per cent – both faster than London.

"The economic benefits of this are obvious, including of course the increased job opportunities it brings, but the whole of south Wales must benefit and not just Cardiff itself.

"Here in the Vale, we have in the past been ignored, receiving far lower levels of funding from the Welsh Government than Cardiff and no support for key infrastructure projects like a Dinas Powys bypass.

"We must make sure we get to benefit too, and that we don't get cut off from it all. It is an opportunity that must not be missed – we need better connections, and delivery of the South Wales Metro, and other transport improvements must be a priority to make sure we can share in the success."

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If you have a long term condition, are pregnant, a carer or 65 and over, your immune system might not be strong enough to fight the flu virus.

Unless of course you protect yourself.

Get a FREE jab from your GP to protect yourself and others

Again this year, an intranasal flu vaccine is available for children aged 2 & 3 years old on 31.8.16.

The intranasal vaccine will be available from late September.

Children in reception year and years 1, 2 and 3 will be offered the vaccine in school.

Contact your surgery today, to make a suitable appointment or

to find out about Special flu clinics e.g. Saturday morning flu clinics.

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Thanks go to all who keep people safe on sea and shore



Welsh Secretary
ALUN CAIRNS
reports to
GEM readers

THE Vale of Glamorgan is so fortunate in its coastal location, and many of us take advantage of our stunning coastline.

Yet the news of the five men who drowned off Camber Sands alerted us again to the hidden dangers that lie beneath the surface of the sea.

Each year, around 7,000 incidents at beaches occur, and around 400 people will die from drowning

around the UK.

It is important, living in such near proximity to the sea, that we should all bear in mind the numerous risks and dangers present when swimming and boating. Especially when we remember that the RNLI have just finished their summer-long patrols of the Vale's beaches.

I want to take this opportunity, not only to remind everyone to be safe while at sea and bathing on the beach, but to thank the RNLI and other lifeguard groups for the work they do to keep us safe.

You may have read, as I did, of the exploits of the RNLI crews who recently saved two people from the water around Llantwit Major this August. When you consider that these people had been swiftly swept into the sea from

Llantwit beach amid heavy swells and high winds, you have to marvel at the ability of RNLI crews who made it to the scene quickly enough to save their lives.

This summer was a busy period for the local RNLI, with three launches in one day for the Barry lifeboat crew – all of which resulted in zero casualties. And their increased seasonal work is not limited to the near coast: there have been numerous rescues of boat crews in difficulty in the Bristol Channel with causes ranging from severely dangerous weather, to fires and even seasickness.

We should all be grateful to the RNLI for allowing us to swim and enjoy the water with confidence, supporting the local community and

helping to attract visitors to our tourist spots.

We should also not forget the work that the completely voluntary Rhondda Lifeguard Club does on Watchtower Bay, their 40-strong contingent of life savers ready to brave the waves to help those in difficulty.

Having recently visited the Rhondda Lifeguard Club, I know that they and the RNLI believe that 90 per cent of lifeguarding is prevention.

That's why both groups endeavour to teach children to swim at sea. If you would like your children or grandchildren to be safer on the beach, don't hesitate to get in touch with either group.

Art Central Gallery set to celebrate tenth anniversary

ART Central Gallery, the Vale Council's prestigious art gallery, is celebrating its tenth anniversary in November 2016 and the gallery is pleased to announce that it will be accepting art submissions to be exhibited during its anniversary open exhibition event.

The celebratory exhibition will be open to the public, and will run between 10am-4pm on Monday, November 7, with the work remaining on show until Saturday, January 14.

Art Central Gallery welcomes submissions from artists working with all types of visual and performance art media. This may include works by painters, photographers, craftspeople, designers, film makers, performance artists and others. Art Central would

particularly like to hear from you if you are living and working in the Vale.

To make the event inclusive, Art Central Gallery is aiming to accommodate at least one piece of art from each submission. They are looking for original art works that show the artist's unique style and interests. These will then be displayed in the beautiful, contemporary setting at Art Central Gallery which is part of the Town Hall complex located on Barry's King Square.

The celebrations will also mark the 110th anniversary of the Town Hall itself.

Art Central will accept entries up until 12pm on Monday, October 3. Email artinthevale@valeofglamorgan.gov.uk for an application form, or visit www.valeofglamorgancouncil.gov.uk/artcentral for more information.

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Plans to improve local park

A BARRY councillor has welcomed proposals to improve access for disabled users at one of the town's parks.

Coun Richard Bertin, who represents the Court Ward, is supporting proposals put forward by the Vale Council for Bassett Park to improve the access at Everard Street into the park.

If approved, the funding will come

from 'S106' planning gain cash from the former Bassett Street ambulance station, which was developed into supported homes.

Work could start as early as next week and will be completed by the Vale's Highway Department.

Coun Bertin said: "It was a condition of the planning approval that a contribution was to be made to upgrade local parks. I am therefore pleased to support the proposed improvement of access."

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GVS SET TO HOLD AGM

GLAMORGAN Voluntary Services (GVS) annual general meeting will be held on Thursday, October 13 from 6pm to 8pm at the Memorial Hall, Barry.

Member groups are invited to learn about what work GVS has carried out for Vale communities.

Non-member community and voluntary groups are also welcome to attend to find out more about its services.

GVS membership is free for groups with an annual income under £15,000.

Light refreshments will be available at the beginning of the meeting from 6pm. Please could you confirm attendance to Ceri Venners at GVS by telephone 01446 741706, or by e-mail, enquiries@gvs.wales.



Young chefs Ela Preston and Mari Smith, from Ysgol y Gader, Dolgellau, joined Elwen Roberts at the HCC stand at this year's Royal Welsh Show.

New food qualification for GBBO generation

YOUNG fans of *The Great British Bake Off* and other popular shows such as *Great British Menu* will have a new qualification to aim for this year, with the introduction of the new GCSE in food and nutrition.

The new qualification, offered by the Welsh Joint Education Committee (WJEC) in consultation with a number of experts from specialist food organisations, is a new comprehensive qualification to replace the previous GCSEs in hospitality and catering and food technology. Its aim is to equip pupils with the knowledge,

understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

One of the organisations which supports the course and provides training and materials for teachers is Hybu Cig Cymru – Meat Promotion Wales (HCC). HCC is engaged in a number of initiatives to share the latest information about the role of red meat in a healthy, balanced diet, including supporting school events and hosting an education day at its stand in the Royal Welsh Show.

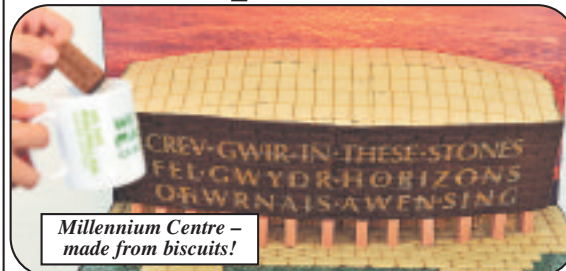
Elwen Roberts, a popular chef on S4C as well as HCC's consumer executive, said that this new qualification is very timely.

"Cooking is an increasingly popular pastime for young people, and can lead to a range of rewarding careers in hospitality and tourism," she said.

"Through this new course, pupils can learn how lean red meat is a good source of iron, protein, zinc and several vitamins, and is naturally low in sodium, but of course it's best consumed as part of a healthy balanced diet," added Elwen.

"Food provenance is a key part of the new specification. Pupils will learn, for instance, about schemes such as the flagship PGI (Protected Geographical Indication) status which Welsh lamb and Welsh beef enjoy."

Crumbs! A landmark made up of biscuits



Millennium Centre – made from biscuits!

IN celebration of the Welsh capital holding the most coffee mornings in Wales, Macmillan Cancer Support has built the local landmark, the Millennium Centre, out of biscuits.

The huge biscuit sculpture is accompanied by other iconic UK landmarks and will be displayed in the window of the Koppel Project, at, appropriately enough, 93 Baker Street, London, on September 30.

The landmarks have all been chosen to give thanks to the millions of people that helped raise £27.6 million during last year's event alone. Macmillan is encouraging people to sign up to host a World's Biggest Coffee Morning this year by visiting www.macmillan.org.uk/coffee. Whether big or small, baked or faked, each and every coffee morning helps change the lives of people affected by cancer.

Macmillan has used its 26 years of experience to identify coffee morning hosts from across the country and immortalised their local landmarks in biscuit, including:

Millennium Centre – The Welsh capital Cardiff stole the show in Wales with the most coffee morning

registrations in a single postcode coming from the centre of the city;

The Shard – The nation's capital boasted 7,500 coffee mornings last year with the most taking place in SE1;

Whitby Abbey – Traditionally known for its tea, Yorkshire boasted the most coffee mornings in England with 8,392 taking place across the county and;

New Macmillan Support Centre on the health and wellbeing campus at Altnagelvin Hospital (currently under construction), Londonderry – In Londonderry, Macmillan is investing £1.5 million in a new Macmillan Support Centre on the health and wellbeing campus at Altnagelvin Hospital. Local people have thrown their support behind fundraising for the project with the most coffee morning signs up in Northern Ireland coming from this area last year.

Katherine Stevens, a Macmillan lung clinical nurse specialist, was on hand to unveil the huge biscuit sculpture.

The mammoth structure, spanning more than 80 square feet, is made up of 25,000 biscuits! Macmillan has also created cutting guides that enable budding bakers and coffee morning hosts to bake their own landmarks, available to download from www.macmillan.org.uk/biscuits.

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Former Vale College student Kimberley wins art prize



Kimberley Barker with her Cowbridge Art Group prize.

FORMER Cardiff and Vale College student Kimberley Barker has won the annual Cowbridge Art Group prize.

Kimberley, aged 20 from Cardiff, was chosen by panel of judges to receive the £100 prize and certificate for her mixed media paintings exploring the concept of beauty in decay.

Working directly with organic materials, she produced a series of experimental collages and paintings that lead to the final exhibited works.

Her work featured in 'It's All About...' this year's annual Cardiff and Vale College exhibition

for art and design students based at its Colcot Road campus in Barry. The exhibition appeared at the Old Hall Gallery on Cowbridge High Street in the summer.

CAVC art and design tutor, Adrian Metcalfe, said: "The judging panel stressed the difficulty in make the final decision due to the high quality of all the work on display. They felt all the students were worthy of commendation and that the show demonstrated the high level of ability across Cardiff and Vale College's art and design courses."

ACCLAIMED SINGER GIVES CONCERT FOR HOLY TRINITY CHURCH



Bass-baritone Matthew Brook. Photo by Richard Shymansky.

by Andy Johnstone

THE Church of the Holy Trinity, Marcross, will be the beneficiary of a concert to be given in November by acclaimed bass-baritone Matthew Brook.

Matthew, described by The Observer as "turning everything he sings to gold" will be joined by Anna Markland, former BBC Young Musician of the Year, at the concert on November 4 at the Glass Hall in St Donats Arts Centre.

Matthew said: "The programme for the concert in aid of Marcross Church will be full of fun and vocal fireworks – perhaps competing with bonfire nights in the area – and we hope to entice an audience with flashes of vocal light and fizz!"

Matthew, who describes himself as a

"relative newcomer" to the area, has performed around the globe, working with, amongst others, Sir John Eliot Gardiner, Sir Mark Elder and Richard Hickox.

His operatic roles include Calkas in Walton's *Troilus and Cressida*, Lord Hategood in Vaughan Williams' *The Pilgrim's Progress* and the titular role in *The Marriage of Figaro*.

The evening will also feature an auction of promises by locals who have, according to Matthew, "wide and interesting skills to offer".

"We need the venue full to overflowing to keep our wonderful old Marcross Church from falling down," said Matthew.

Tickets are £10 for adults and £5 for children, and are available from Sharon Evans, Marcross Farm, on 01446 792462.

PACT meetings

GIBBONSDOWN PACT will be held at the Residents' Board Office, Coychurch Rise, Barry on Tuesday, September 20, at 10.30am.

Meet your local officers at Waitrose, Palmerston Road, Barry, on Thursday, September 29 between 11am and 1.30pm.

In Rhooose, a coffee and chat meeting will take place at the Highwayman, Rhooose, on Monday, September 29 at 11am.

If you have any issues that are affecting your quality of life, but are unable to attend a meeting please contact 101 for non emergencies or log onto:

www.south-wales.police.uk where you will find contact details for your local PCSO and you can contact them directly for non emergency matters.

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The First Step to a Better Smile



Ward councillors' surgery

THE Labour Vale and Town Councillors for Buttrills, Castleland and Court Wards – Bronwen Brooks, Pamela Drake, Jeff Evans, Chris Elmore, Les Sword, Karl Kuhnell and Stuart Egan – will hold their regular advice surgery on Saturday, September 17 from 10am until 11am in the small community room, Barry library, King Square.

No appointment necessary.

Scout jumble

THE Cowbridge Scout group annual jumble sale is this Saturday, September 17 at the Scout hall.

Doors open at 10.30am to 12.30pm. A great mix of clothes, books, games and bric-a-brac makes this a bargain hunter's dream!

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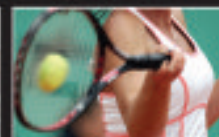
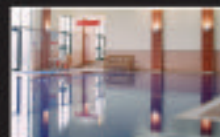
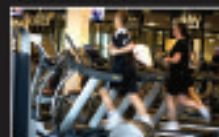
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New training centre for public sector

A NEW training centre supporting staff that manage tax payers' money in Wales was opened by the Chartered Institute for Public Finance and Accountancy (CIPFA).

The centre, based in Cardiff and Vale College, will, according to a CIPFA spokesperson, "offer the full chartered public finance accountant (CPFA) professional qualification to the country's future public service leaders, with specific focus on Welsh issues."

Chris Tidwell, head of CIPFA Wales, said: "With £38bn annual public spending and the power to shape its own

services, Wales needs a new generation of public finance professionals with bespoke training and support.

"The public sector in Wales is a hotbed of innovation with particular strengths in providing services to diverse communities."

"The CIPFA Cardiff training centre will help strengthen public financial management in Wales and spread Welsh innovation across the UK."

Students from NHS Wales, Welsh Government and local authorities were among the first to begin the three-year course taught at the new centre.

First Welsh tax in almost 800 years to be introduced

A NEW Bill, expected to be introduced on September 12, will introduce the first Welsh tax in almost 800 years.

The Land Transaction Tax and Anti-avoidance of Devolved Taxes (Wales) Bill is the first Bill to be introduced as part of the Welsh Government's new legislative programme. The tax will be a replacement for stamp duty land tax.

Like stamp duty land tax, land transaction tax will be payable on the purchase or lease of a building or land in Wales above a certain price. It will affect house buyers and businesses, including builders, property developers and agents involved in the transaction process, such as solicitors and conveyancers.

In 2014-15, £170m was raised from stamp duty land tax in Wales, with 55,000 transactions taking place. This is expected to rise to £244m by 2018-19. If the Bill is passed, land transaction tax will replace stamp duty land tax in Wales in April 2018.

Rates have yet to be announced. The Bill sets out the key principles of the new tax, including the types of transactions, the procedure for setting rates and bands, how the tax will be

calculated, and what reliefs will apply. It also introduces measures to tackle tax avoidance.

Land transaction tax broadly mirrors stamp duty land tax, providing consistency and stability for businesses and home buyers in Wales but it introduces some changes, which are designed to improve efficiency and to reflect what are referred to as 'unique Welsh circumstances and priorities.'

Key changes include:
A new overarching general anti-avoidance rule (GAAR) to help prevent and robustly tackle tax avoidance;

A broad targeted anti-avoidance rule (TAAR) which applies to all reliefs;
The exclusion of two reliefs in relation to the demutualisation of insurance companies and building societies;

Amendments to some other reliefs so they operate better or in a more relevant way to Wales;

The rent element of new residential leases will be exempt from tax under LTT;

The simplification of rules in relation to leases. Finance Secretary Mark Drakeford said: "This is an historic milestone in the devolution of tax powers

to Wales. This Bill marks another step towards the creation of taxes which are more suited to the needs of Wales and support Welsh public services.

"This is a tax which affects so many of us. By replacing stamp duty land tax with a new made-in-Wales land transaction tax, public services in Wales will continue to benefit from the revenues raised by this important tax."

The GEM is interested in readers' views on tax-raising powers. Please email gemeditorial@tindlenews.co.uk.

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● £5: 596699, 705113, 782587, 453359, 260359, 948424, 468178, 209945, 722091, 752632, 556691, 243251, 919557, 617896, 500719,

454373, 504478, 882264, 719788, 527104, 861897, 631608, 692640, 794314, 979432, 263340, 532324, 892425, 366922, 661496, 872801, 575895, 473867, 573831, 284434, 282344, 119946, 964121, 835792, 113370, 444803, 546981, 626008, 844882, 880946, 831525, 511974, 381342, 325521, 542145, 383088, 654027, 723430, 510705, 411537, 001284, 001040, 000317, 1984515, 1979037.

The GEM cannot be held responsible for any errors or omissions contained in the above.

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Bridgend and Porthcawl to join up with the Vale for new MP constituency

A NEW plan to cut the number of Welsh parliamentary constituencies from 40 to 29, will see Porthcawl and Bridgend joining up with the western Vale, while the Vale constituency will replace those lost voters by swallowing up the existing Penarth and South Cardiff constituency.

The Omore constituency will be combined with Port Talbot to form a new, larger constituency. At first glance, the changes appear fairly neutral under the traditional Labour - Conservative analysis. The new constituency of Bridgend and the western Vale ought to be a more marginal seat, as the western Vale is thought to be more Conservative in outlook.

However, the Eastern Vale constituency, where Alun Cairns is the sitting Conservative MP, looks more Labour now, having lost the western

Vale and taking on board parts of Penarth and South Cardiff - currently held by Labour's Stephen Doughty.

Bringing Omore and Port Talbot together looks as if it will be a traditional Labour banker - unless there are seismic political changes in the future.

The Boundary Commission for Wales on September 13 published comprehensive details of its initial proposals for a revised parliamentary constituency map.

The launch marks the start of a 12-week public consultation period during which the Commission is asking people to 'have their say' on the proposals; either by submitting written representations by post or online or by making oral submissions at one of five hearings that will take place across Wales.

The Parliamentary Voting System and Constituencies Act 2011 requires a reduction in the number of UK constituencies from 650 to 600 and for every UK constituency to have an

**by PHILIP
IRWIN**

electorate within the range of 71,031 to 78,507.

In all but one case, the number of eligible voters in each proposed new constituency is much larger than in the current Welsh constituencies.

There are changes to every constituency contained in the Commission's Initial Proposals, and some of the proposed alterations are considerable.

The Commission points out that, while its proposals meet the statutory criteria, it has also taken into account other relevant factors important to Wales, such as: geographical considerations, including the size, shape and accessibility of constituencies, local government boundaries; boundaries of existing constituencies and any local ties that would be broken by changes in constituencies.

Steve Halsall, Secretary to the Commission, said: "The Commission has

produced a set of initial proposals which meet the requirements of the 2011 Act. It has also taken into account other relevant factors and has sought to identify the solutions most suitable to local needs within Wales.

"I would emphasise that these are initial proposals and I very much hope that members of the public will participate in the process of consultation which now begins."

Mr Halsall added: "Over the next 12 weeks people may visit our consultation portal, write in or email us to let us know what they think of the Commission's proposals. Whether they accept or object, we are keen to hear people's views. Where they object - particularly where they can supply counter-proposals - the Commission will give full consideration and may amend its proposals accordingly."

The proposed new parliamentary constituencies are: Alyn and Deeside; Blaenau Gwent; Brecon and Radnorshire; Bridgend, Cardiff West, Ceredigion, Cynon Valley, Llanelli, Merthyr Tydfil and Rhymney, Neath, Omore, Rhondda, Swansea East, Torfaen, Wrexham and Ynys Môn.

Glamorgan West; Caerfyrddin; Caerphilly; Cardiff North; Cardiff South and East; Cardiff West; Ceredigion a Gogledd Sir Benfro; Colwyn and Conwy; Cynon Valley and Pontypridd; De Clwyd a Gogledd Sir Faldwyn; Flint and Rhuddlan; Gogledd Clwyd a Gwynedd; Gower and Swansea West; Llanelli and Llivi; Merthyr Tydfil and Rhymney; Monmouthshire; Neath and Aberavon; Newport; Omore and Port Talbot; Rhondda and Llantrisant; South Pembrokeshire; Swansea East; Torfaen; Vale of Glamorgan East; Wrexham Maelor; and, Ynys Môn ac Arfon.

A total of 16 existing constituencies would be wholly contained within a new constituency (Alyn and Deeside, Blaenau Gwent, Brecon and Radnorshire, Bridgend, Cardiff West, Ceredigion, Cynon Valley, Llanelli, Merthyr Tydfil and Rhymney, Neath, Omore, Rhondda, Swansea East, Torfaen, Wrexham and Ynys Môn).



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Varroa mite is an 'alien species' to bee colonies

AUTUMN is definitely setting in.

My inspection of the hives is revealing a reduced pattern of egg laying by the queens; this is prompting me to check on the amount of food stores in each colony and to evaluate the varroa mite numbers, so that I can assist the bees to prepare for the coming winter.

Two of the colonies are certainly in need of a little help, and I can aid them by feeding them with liquid sugar made by myself, or I can purchase a product that is manufactured specifically for honeybees.

Without a doubt, nectar collected by the bees and converted into honey by them is a far better way for things to proceed.

However for this to occur there has to be a source that the bees can access, and I am only too well aware that the forage in the countryside is just not there anymore.

Some summer weather has certainly aided many pollinating insects to get out and about in their search for the means to survive, but is no easy task.

Any beekeeper who decides to feed the colonies must do so while temperatures are such that the bees can manoeuvre and correctly store any offerings, ready for winter.

Should a cold snap occur – ie below 10° Celsius (50° Fahrenheit) – the bees will be very likely comatose and in this state they cannot utilise your proffered assistance.

Despite the fact that I am involved with three apiaries, the honey crop has not been satisfactory; a little honey has been taken and extracted, but always it is the welfare of the bees that is paramount and it would be a gross error to put my needs before those of the bees.

As always the varroa mite is ever present and combined with the changed bio-diversity prevailing, just now we could do without it.

There are still beekeepers who are convinced that the varroa is non-existent in their colonies, or that there are so few of them that they are of no concern.

The mite is an alien species and its introduction has been brought about by the transport of goods around the world by us; we have assisted species to cross natural barriers that they would not normally be able to cross.

Remember, we are a species with the ability to change the planet and we are certainly doing that.

HAROLD WILLIAMS
Fonmon Apiary

FLATHOLM SOCIETY TALK

THE Flatholm Society is hosting a talk by Helen Forder, a local author on 'The Life and Times of Lord and Lady Llanover'.

This will be held at The Kymin, Beach Road, Penarth, today Thursday, September 15 at 7pm. Refreshments and raffle; we request a donation of £2/£3 to cover costs. For information email pb.sampson@ntlworld.com or call 01446 404842.

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Learners come together!



WELSH learners from across the Vale came together recently for free revision lessons at Palmerston Centre, Barry.

Dusting off their words and phrases to chat to friends and tutors during the summer break, they are looking forward to returning to class late in September.

Come and join them! Improve your Welsh or start from the beginning this year.

Daeth dysgwyr Cymraeg o bob cwr o'r Fro i ddosbarthiadau adolygu am ddim yng Nghanolffan Palmerston yn y Barri yn ddiweddar.

Wedi ailgydio mewn geiriau a chymalau i sgwrsio â ffrindiau a thiwtoriadaid, maen nhw'n edrych ymlaen yn eiddgar at aildddechrau gwersi ym mis Medi.

Dewch i ymuno â nhw! Dechreuwch ddysgu neu gwellwch eich Cymraeg eleni.

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The Vale's welcome for canine tourists

DOG owners and their dogs from across the UK can now enjoy more than 70 attractions, eateries, accommodation providers and shops in the rural Vale, safe in the knowledge that they are welcome thanks to the new 'Paws In The Vale' pilot project.

Commissioned by Creative Rural Communities, part of the Vale Council, the six-month pilot project aims to bring together all that is good and dog-friendly in the rural Vale, and promote it to dog owners throughout the UK with the aim of boosting leisure visits to the area during the traditionally



Nutmeg runs across the stepping stones.

quieter autumn months.

Coun Lis Burnett, deputy leader and the cabinet member for regeneration and education, said: "This area has so very much to offer to dog owners and their dogs and our new Paws In The Vale brand is a way of bringing this

all together, recognising excellence, and, promoting our collective offer as widely as possible.

"From October 1, if you visit the rural Vale with your dog you will be able to easily see which attractions, eateries, accommodation providers and shops are dog-friendly thanks to our Paws in The Vale stickers, and online badges.

"You can explore your options at any time and from anywhere thanks to our a dedicated Facebook page www.facebook.com/PawsInTheVale plus bilingual Twitter feeds @PawsInTheVale and @PawennaurFro which are all updated on a daily basis.

"Paws in the Vale has a dedicated page on our 'Visit the Vale' webpage too at www.visitthevale.com/pawsinthevale."

Preparation for the pilot project has been extensive and has included training sessions for participating businesses and organisations by Stephen Jenkinson, of Access and Countryside Management Ltd, specialist advisor on influencing dog owner behaviour in the countryside and urban greenspace.

Paws in the Vale has received funding from the Vale Council and the Rural Development Plan for Wales 2014 - 2020, which is funded by the Welsh Government and the European Agricultural Fund for Rural Development, and administered by the Vale's Creative Rural Communities.

Coun Burnett added: "After seeing the benefits that dog-friendly tourism has brought to other areas of the UK, we are keen to explore this option for the rural Vale. Responsible dog ownership is at the heart of this initiative and feedback to date has been excellent."

Sailing around Welsh coast

THE Vale of Glamorgan Association of National Trust members and volunteers is holding the first of a series of talks on Wednesday, September 21 at The Duke of Wellington, Cowbridge at 7.30pm.

Richard Neale, National Trust Welsh coast project manager, will talk about his sailing journey around the coast to celebrate the 50th anniversary of the Neptune coastline campaign. New members are welcome.

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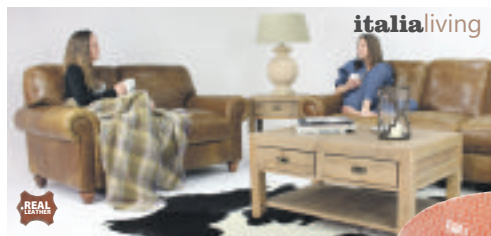
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NATIONAL EYE HEALTH WEEK

MONDAY 19th - SUNDAY 25th SEPTEMBER 2016

YOUR VISION MATTERS



'PREVENT SIGHT LOSS WITH REGULAR EYE CHECKS' Inspiring people to look after their eyes

NATIONAL Eye Health Week (September 19-25) aims to raise awareness of the importance of eye health and the need for everyone to have sight checks every two years, to look after their eyes.

Dr Adrian Jones, from Jones & Jones Optometrists, High Street, Barry, said: "Almost two million people in the UK are living with sight loss yet over half of sight loss can be avoided, so it is vital everyone takes care of their eyes. "Sight is the sense people fear losing the most, yet many of us don't know the best way to look

after our eyes.

"This is why it is so important you get your eye health tested every two years, even if you think your vision is fine, as some eye conditions may not show symptoms. Visit visionmatters.org.uk".

Facts about vision loss:

Twenty million people in the UK could be at risk of avoidable sight loss because they fail to have regular sight tests.

Almost two million people in the UK are living with sight loss, yet over half of sight loss can be avoided. This means that almost two million people have a sight problem which has a serious impact on their daily lives.

The figure is made up of

people who are registered blind and partially sighted, and all the other people whose sight problems have a significant impact on daily activities.

Not all of these people can be registered as blind or partially-sighted.

Sight loss affects people of all ages.

The number of people in the UK with sight loss is set to increase dramatically. It is predicted that by 2050, the number of people with sight loss in the UK will double to nearly four million.

Make an appointment today – call 01446 400015 or visit www.jonesandjones.org.uk.

LOCAL optometrist Annette Dobbs of Annette Dobbs Eyecare in Barry hopes to encourage people to take better care of their sight during National Eye Health Week.

Annette explained: "Research shows that half of all sight loss is avoidable, so we want to inspire the residents of Barry to look after their eyes.

"Sight is the sense that people fear losing the most, that's why it's so important to get your eyes checked regularly by a qualified optometrist."

In Wales, we are particularly lucky that the NHS covers many people's eye tests.

Annette's practice at 40 Tynnewydd Road, Barry, carries out the full range of ophthalmic

services for all age groups, including emergency care.

They've recently invested in a new, easily accessible ground floor consulting room that is fully fitted with the latest equipment including a state-of-the-art Optical Coherence Tomography machine (OCT).

The OCT not only takes a digital photograph of the back of the eye but also captures a cross-sectional scan which enables earlier detection of sight-threatening eye diseases such as age-related macular degeneration and glaucoma.

Early detection is vital to prevent avoidable sight loss so don't forget to book an eye test during National Eye Health Week. For more information, contact Annette Dobbs Eyecare on 01446 735130.



ABOVE: Barry Eye Centre on Holton Road provides a great service, including eye tests – and glasses and contact lenses if you need them.

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Advice on health care for eyes

NATIONAL Eye Week is from September 19 to September 25, and to mark it, Age Connects Cardiff and Vale are holding a health information session at The Age Connects Senior Health Shop, 38 Holton Road, Barry, on Tuesday, September 20.

It will be held at 10am to 12 midday and no appointment is needed – just come along and have a chat to a health care professional from Royal

National Institute for the Blind, Cardiff.

You may be registered blind or partially sighted, or a carer looking after a loved one.

Royal National Institute for the Blind helps blind and partially sighted people across south Wales to enjoy independent and fulfilling lives.

You will be able to chat about the different aids and devices available, support groups, computer training and general advice.

Contact 01446 732385 for further information.

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'Scams' advice
HAVE you been the victim of a scam, and want help reporting it?

Come along to Age Connects Cardiff and Vale Senior Health Shop on Tuesday, September 20 from 10am – 12pm.

You will be able to chat to an adviser and get information and leaflets telling you all about the latest scams around and how to deal with them.

No appointment is needed; for further

information call 01446 732385.

Health advice
SHOUT Bridgend meet on the third Wednesday of every month.

In their meeting on September 21, Jude Kay from NHS Wales will talk about the 111 telephone number for non-emergency health calls and how it works.

Why not come along and join them for tea and a chat at the Evergreen Hall, Angel Street, Bridgend at 10am. For

more information see www.shoutbridgend.org.

Vale ways walks
ON Wednesday, September 21 at 10.30am, the Barry coffee shop strollers meet at Romilly Cafe, Cold Knap, Barry.

Also on Wednesday, September 21 at 2.30pm, the Cowbridge coffee shop strollers meet at the Physic Garden fountain, Cowbridge.

On Tuesday, September 27 at 10am, Trem

WHAT'S ON, AND WHERE?

y Môr (Along the Lanes), starting at Maes Parcio, Neuadd y Dref, Llanilltud Fawr.

On Wednesday, September 28 at 10.30am, the Cosmeston coffee shop strollers meet at the visitor centre, Cosmeston Country Park.

Also on September 28 at 2.30pm, the Llantwit Major coffee shop

strollers meet at the town hall car park, Llantwit Major.

Memorial concert
TABERNACLE Chapel at Pontycymer is the venue for the Merlyn Maddock MBE Memorial Concert, supporting the Parkinson's charity.

The concert is at 7pm on Friday, September 23.

The compere is Bridgend born, BBC presenter and journalist Huw Edwards.

The music will be provided by Bridgend Male Choir, of which Huw Edwards is a patron; harp and vocal trio Eos, and the school choir of Ffaldau Primary. Ticket sales have been brisk, enquiries to Dave and Joan Davison on 01656 658273.

Castle Players
BRIDGEND Castle Players will be holding its 70th anniversary

celebration on Saturday, September 24, at Bridgend Tennis Club. Doors will open at 7.30pm, and the evening will include a one-act play, disco, buffet, and memorabilia display.

The event is open to past and present members and patrons of Bridgend Castle Players and invited guests. Tickets (£10) are available from treasurer, Rhian Dowling, at

treasurer@bridgendcastleplayers.org or call 07814 881445. Advance booking is essential.

Bridgend Castle Players would be grateful if anyone has any photographs, programmes, posters, videos or memorabilia relating to them that could be copied or borrowed. Please contact secretary, Siân Islip, at secretary@bridgendcastleplayers.org, or Carl Cowling, technical@bridgendcastleplayers.org

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Christmas Party Guide



BALLS, BAUBLES AND BRUSSELS SPROUTS:

A guide to pulling a Christmas cracker – avoid the kitsch and think!

by ANDY JOHNSTONE

DESPITE writing this in the last gasp of an Indian summer, there is no escaping the fact that the autumn leaves have begun falling and that there is the faintest nip in the night air.

The harvest is in, children are – finally – back at school, the fortnight in Ibiza is but a dim memory and the swallows, swifts and housemartins are returning to Africa.

Yes, it is a change in the season, and for a newspaper, that change heralds the first festive feature of the year.

Staff sweltering in the tropic GEM Towers may be decked out in shorts, sarongs and flip-flops, but minds are firmly focused on the best recipe for glühwein, and getting *Stille Nacht* and *O Tannenbaum* pitch-perfect for the traditional office carol service.

Christmas, dear reader, is coming and as well as being the season of giving, it's also the time of year to let your hair down and relax.

After a busy 12 months with work, family or both, the prospect of stuffing a large turkey, only to find you forgot to buy a roasting tray large enough to take it, can be a little... disappointing.

It's a time to remember for all the right reasons, such as seeing Mummy kissing Santa Claus – not because tempers frayed when the turkey and trimmings turned to toast, along with the prospect of peace and goodwill to all.

The Vale and surrounding areas are blessed with an eclectic abundance of restaurants and hotels, and whether it is a sit-down meal with one's kith and kin, or a bit of a knees up with work colleagues, all tastes are well served.

But it's that very embarrassment of riches that can make finding the right place so hard.

And so, what do YOU like?

Christmas cool and fine dining at an upmarket hotel or snazzy bistro?

Something a little more traditional with a roaring open fire, carolling and pigs in blankets?

Or perhaps for the adventurous, eschewing the traditional tinsel and kitsch and going for something laden a little with Eastern promise? No, not Essex, but cuisine from the Mediterranean or even further towards the sunrise.

First of all, there is no pressure on you – none whatsoever – to get the Christmas booking spot-on and A1 perfect.

Ah, no, wait. Yes there is. Unless one visits and Orthodox Christian country 12 days later, Christmas is a once-a-year event and frankly, the pressure is on to get it right first time.

So, how does one avoid the embarrassment and social shame of messing up the works or family Christmas beano?

Reading and inwardly digesting – which I'm sure you are – this handy guide courtesy of The

GEM is the obvious answer!

Do your research now and, as they say, book early to avoid disappointment...

Venues in the Vale and environs tend to fill fast, and trying to find a venue on December 23 is likely to cause an unpleasant home or work atmosphere that lasts beyond Christmas, and beyond that.

For the sake of your family, your friendships and possibly your career, you do not want to be The Man (or Woman; this is the 21st Century, after all) Who Ruined Christmas For Everyone, or Clark Griswold.

Next, scan through the advertisements on these pages. Whilst not a comprehensive list of the

area's many excellent eating places and watering holes, it's a good place to start.

Then consider who your fellow diners will be. As a rule – to which we all know an exception – what suits a group of raucous young farmers or urban professionals might not suit one's dowager aunt, and vice versa.

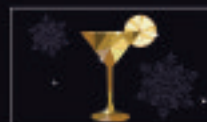
Is it just a meal, or is additional entertainment on the cards? Perhaps a Bond-style casino or masquerade ball is more your bag, or a 1970s' disco?

Christmas, sadly, is not just the season of peace, goodwill & c. It is also the season when generally sane and staid men and women commit that greatest of social sins.

No, not the not the broom-closet clinch with Doreen from Accounts, but dancing!
(CONTINUED ON PAGE 23)



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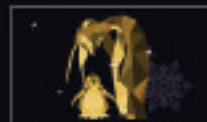
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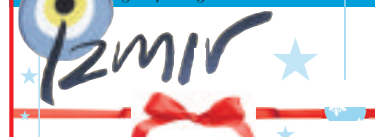
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www.izmirrestaurant.com

Christmas Party Guide

GEM guide to pulling a Christmas cracker!

(CONTINUED FROM PAGE 21)

It takes just one Jägerbomb too many to convince most of us that we are not the embodiment of that discombobulated discotheque oaf David Brent on the dance floor, but are, in fact, channelling a mix of Joaquin Cortes and John Barrowman with a soupçon of Billy Elliot thrown in.

Plenty of venues have space for those that like to trip the light fantastic, so do check, although one's respect for the MD might be slightly diminished come the cold, harsh light of the next day in the office. But then, that is the brutal beauty of a works' bash.

Keep your phone handy for quick pictures. The good ones can go straight to Facebook or Twitter; the best ones are held in reserve to negotiate a pay rise or promotion.

And whilst you might be a friend of Dorothy in your ruby slippers as you sashay to the latest grooves, said pumps will be good for walking home, so don't forget transport.

Without sermonising, it's never a good idea to drink and drive. The days of "knowing your limits" are long gone and no-one wants to round off their year with a conviction, or worse, a casualty on their conscience.

So, will there be a designated driver or will your group of revellers take carriages (okay, taxis) or the now *de rigueur* stretch limo?

Alternatively, find somewhere that also offers accommodation and make a real night of it. You might find that room rates are better booked in advance.

Do a recce, and take someone else with you. Two opinions are better than one and anyway, why not treat yourself and said friend before Christmas? You're clearly putting in the effort on behalf of your nearest and dearest, or work colleagues, and deserve a treat.

Whatever your lifestyle and whatever suits you, may The GEM be the first to wish you all a very Happy Christmas.



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The number of local paid-for newspapers continues to decline. Here, we keep you up to date with the...

LATEST NEWSPAPER SALES FIGURES!

The GEM	45,489	Priceless
Barry & District News	3,929	Paid 50p
Penarth Times	4,132	Paid 50p
South Wales Echo	19,158	Paid 65p
Western Mail	18,641	Paid 80p
Glamorgan Gazette	9,094	Paid 90p
Wales on Sunday	14,789	Paid £1.50

The GEM's weekly figure includes door to door delivery and numerous popular outlets from Penarth to Porthcawl

Latest Data available

That's why advertisers continue to enjoy a positive response from us - The GEM is 'Priceless'!

Remember - we distribute over 45,000 complimentary copies of The GEM throughout the Vale, Bridgend & Porthcawl every week - packed with all the content that makes a community newspaper really worth reading!

(Figures correct as of April 2016)

MAIDEN FLIGHT FOR FLYBE CARDIFF -LONDON ROUTE



Alun Cairns MP joins other passengers on the Bombardier Dash 8 Q400 turboprop operated by Flybe.

A NEW flight service between Cardiff and London has started and has been timed to coincide with major rail engineering works taking place between the two capitals.

The three-times-a-day Flybe flights to London City airport operate until October 21 and are scheduled to take one hour and 15 minutes. During the same period, the Severn Tunnel is closed as part of the rail electrification programme.

Passengers have been warned of up to 45 minutes extra on rail journey times. The 130-year-old Severn tunnel has closed to trains for six weeks so rail engineers can install more than eight miles of electrical equipment. The work is to allow the faster, electric trains to run.

Great Western Railway (GWR) mainline services will be diverted via Gloucester between Newport and Swindon, adding about 30 minutes to journey times.

Vale MP Alun Cairns, who flew on the maiden flight, said: "The

flights being offered by Flybe from Rhosce to London City Airport are a helpful way of ensuring that the Welsh capital, Canary Wharf and central London stay connected during the temporary closure of the Severn Tunnel.

"I hope we will see an expanding range of regional air services from London to Cardiff in the longer term. We need to make it as easy as possible for commuters to get here - whether by plane, or the faster travel times promised by the Crossrail upgrade."

Mess dress and RAF traditions on a special Dining-In Night



RECENTLY, 372 (Barry) Squadron, Air Training Corps held its 'Dining-In Night', an opportunity to formally entertain guests of the squadron, with nearly 100 officers, instructors, cadets and ex-cadets attending.

The cadets and squadron staff were joined by several guests, including Flight Lieutenant Andy Cole (MoD St Athan), Squadron Leader Rob Jones (No.1 Welsh Wing Training Officer), Squadron Leader Dave Crandon (former Commanding Officer 372 Squadron) and Flight Lieutenant John Greenow (former Squadron Commander and Chairman).

The 'Mr Vice' on the night was Cadet Harrison Gould, the newest cadet in the squadron. Cdt Harrison's responsibility on the night was to assist the Commanding Officer with the smooth running of the evening and to entertain the guests after dinner.

After dinner, Flt Lt John Greenow gave an entertaining speech to the cadets and guests. Flt Lt Cole presented the annual NCO of the Year trophy to Corporal Natasja Gill for her hard work and dedication during the past year. Sqn Ldr Dave Crandon promoted Natasja Gill and Zena Poulakis to Sergeant and James Jelinski to Corporal.

The cadets thoroughly enjoyed the annual dining in night, learning about the traditions upheld within the Royal Air Force.

Cadet Sophie Thomas said: "At first I really nervous about the evening and all the traditions we had to remember. It was great fun and I can't wait until next year's dining-in night."

Ogmore Castle stages Vintage Tractor Run...

THE Ogmore Castle Vintage Tractor Run will be held on October 2 in the Ogmore Castle field, by permission of Mr Robert Williams.

Registration of tractors will take place from 9am and the run will start at 10.30am. All money raised will go to Macmillan Cancer Support (total raised to date £3,317).

For the benefit of residents who wish to watch the procession, the planned route of the run, and approximate timing, will be: Leave Ogmore Castle, 10.30am; Ogmore-by-Sea, 10.45; Southerndown, 10.50; St Bride's Major (Bull Hill),

11.00: Black Hall Farm, 11.15; Wick, 11.30; Colwinston, 11.50; Llyswoyney, 12.10; Pentre Meyrick, 12.25; Cornstown, 1.00; Ewenny, 1.15; and finish at Ogmore Castle at 1.30pm.

The route will be posted in all villages to notify the general public. The police have been notified of the event.

Entries are £10 per tractor and all participants are encouraged to raise sponsorship, as all money collected will go to Macmillan Cancer Support. Entry forms can be obtained from me Castle, on 01656 654440 or at basil@basilgeorge.com.

BASIL GEORGE

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www.bridgend-today.co.uk
www.porthcawl-today.co.uk

African trip for Vale volunteers



Barry optician Ted Arbuthnot training village health volunteers in Tororo, Uganda

LAST week, eight volunteers from local charity Vale for Africa, have been actively working in the Tororo district of Uganda on their fourth visit to the region.

Led by Barry-based optician Ted Arbuthnot, the team of medical professionals included six optometrists and two GP doctors.

Gareth Kiddie, Chair of Vale for Africa said: "At this point we are awaiting a final report on their activities, but we understand that our team has successfully trained a large number village health volunteers and undertaken eye tests on hundreds of children and adults during their short stay."

Gareth went on to explain how the charity manages its work saying "We work closely to develop projects with our partner organisation TOCIDA (Tororo Community Initiated Development Association). Then with

the kind support of the people of the Vale, we raise the funds and recruit the volunteers to undertake our project work.

"Over this last year, as well as the eye care and health projects we have helped TOCIDA to; supply water, build a school and run a small fleet of motorcycle ambulances."

"As part of its fundraising activities Vale for Africa is hosting 'Afternoon Tea at The Grind House', coffee shop in Barry on Sunday, September 25 at 2.30pm.

"The event will be an opportunity to meet the team, learn more about the work of the charity and about opportunities to volunteer. Everyone is welcome but numbers are limited and on a first come first serve basis."

For more information and tickets email Gareth at gareth@gka.org.uk or telephone (07984) 127811.

Firefighters are called to incidents via 'an alerter' and must be able to reach their fire station within five minutes.



Fire Service is looking for 'on call' firefighters

SOUTH Wales Fire and Rescue Service has launched a recruitment drive for on-call firefighters to work on a part-time basis at Llantwit Major and Barry Fire Stations

A spokesman said: "We want people who are enthusiastic, committed, physically fit and looking for a new and exciting challenge."

He continued: "Firefighters have one of the most respected jobs in the community. They are dedicated and skilled individuals who

receive ongoing training to support their continuous personal and professional development.

"In addition to fighting fires, road collisions, floods and chemical spills, firefighters develop strong links with community groups, schools and residents in order to raise awareness of accident risks."

On-call firefighters are paid for their commitment and service. They come from every walk of life and include shopkeepers, builders, secretaries, engineers and company directors as well as people who are currently out of employment.

They are recruited on the basis of the amount of cover that they are able to offer. They are called to attend incidents through an alerter that is provided to all on-call personnel.

Once alerted, they must be able to reach

their Fire Station within five minutes.

The spokesman continued: "To apply you will need to have a high level of fitness, be committed to providing service to the community and have good unaided vision and colour vision."

"If you think you have what it takes to join our team and serve and protect your community, come along to our recruitment day on September 24 at Llantwit Major Fire Station, Llanmaes Road, Llantwit Major, CF61 2XD between 10am and 3pm."

"You'll have the opportunity to discuss the role with serving firefighters, practice some of the selection tests and apply on the day if you meet all of the qualifying criteria."

Visit www.southwales-fire.gov.uk or follow @SWFRS_Careers for more information about a career in the Service.

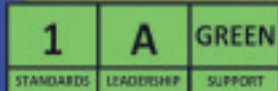
Ysgol Brynteg School

A fo ben bid bont – be a leader, be a bridge



Headteacher David Jenkins, staff and pupils of Brynteg School warmly invite you to our

YEARS 5 & 6 OPEN EVENING



Outstanding Academic Performance

- A strong tradition of high academic excellence in external examinations.
- Rated by Welsh Government as a Green 1 A school recognising our strong outcomes at GCSE.
- 100% pass rate at A Level.
- 90% of 6th Form students who applied to university attending their first choice.

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- A long tradition of musical, sporting and cultural excellence.
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Excellent Pastoral Care and Support

- Pastoral Support judged as outstanding in our most recent ESTYN inspection.
- Dedicated and experienced Transition Team.
- The only local school to have a specialised Cluster Learning Support Officer working with pupils during transition.
- Whole-school mentoring programme, providing your child with guidance and encouragement to maximise their potential in an inclusive environment.

Thursday 22nd September 2016

Introductory talks and tours at 4.30 pm or 5.30pm for Year 6 pupils and parents/carers in Lower School Hall. Talk and tour for Year 5 pupils and parents/carers at 5.00 pm in Upper School Hall

If you have any questions regarding our extensive transition programme, please contact us.



A fo ben bid bont
Brynteg School
Tel: 01656 641800
www.bryntegschool.co.uk

IN BRIEF

Choir try-out
A TASTER session for the Forget-me-Not Chorus, the charity supporting people with dementia and their families, takes place at 2pm – 3pm on Saturday, September 17 in the Lesser Hall, Town Hall Cowbridge.

Refreshments provided. To book your place, contact aholloway@PenarthTownCouncil.org or call 029 2071 3840.

Councillors' surgery

LLANTWIT First Independents will be holding a surgery at the Heritage Centre, Town Hall, Llantwit Major on Saturday, September 17 from 9.30am – 11.30am. Residents who have any issue to raise are welcome to attend.

CAOS concert
CAOS Musical Society will perform *Trial by Jury* by Gilbert and Sullivan at Dinas Powys Parish Hall, Britway Road, Dinas Powys, on September 30 and at Rhose Community Hall, Stewart Road, Rhose, on October 1.

Both performances start at 7.30pm and are followed by a ploughman's supper. Tickets (£8) are available in advance from Dinas Vets or Rhose Spar, or by telephoning 01446 713110.

Amelia Trust annual harvest family fun day



Jane with Alistair Leith from the Organic Field Days project selling pumpkins at the fun day event.

ON Saturday, September 10 Vale AM Jane Hutt supported the Amelia Trust Farm's annual family fun day.

There was lots on offer, including tractor rides, music, a raffle and children's games.

Ms Hutt said: "I am delighted to support this wonderful family event at the Amelia Trust Farm. All money raised helps the farm to continue the excellent work it does with disadvantaged young people."

'First Minister in denial over democratic decision by Welsh electorate'

B RITISH political history is littered with the names of party leaders who were either unwilling or unable to agree with the wishes of the electorate at the ballot box and who proceeded with their own agenda only eventually having to fall on their own sword.

Our First Minister appears likely to have his name added to that list.

The changing political landscape of Wales was reflected in the Assembly election in May with Labour's representation in the Chamber being reduced to 29 with the loss of the Rhondda, an unprecedented rejection of Labour in what must be described as one of Labour's heartlands, the Liberal Democrats losing all their seats but one and the emergence of UKIP.

Indeed, our First Minister only survived the first vote on his re-

election as First Minister with the support of the sole Liberal Democrat AM.

Notwithstanding this obvious diminishing of the authority of Labour both within and without the chamber, the message given by them to the electorate was that once again we, the Welsh people, had shown our support for their policies and leadership. Somewhat ironic if one looks at the real message delivered by the people with their votes.

Since the election, there has been little or no progress in stimulating our economy in order to increase our GDP, which remains of great concern, or to reduce the financial burden placed on our economy by an over-sized public sector that for a country of our population, is simply out of control.

The referendum on Europe was supposedly to be on non-political lines, but Labour here in Wales was constantly 'preaching' the folly of even thinking about Wales voting in favour of Brexit, and it resulted in Wales voting to step out of the

EU controlled zone.

Indeed, the old industrial areas of Wales where Labour once had a stranglehold were the areas most in favour of 'leave' including the Bridgend area where our First Minister is the AM.

Unfortunately, our First Minister continues to be in denial with regard to the decision taken democratically by the majority of the electorate. Far from presenting Wales as a forward-looking nation seeking to take the opportunities that Brexit offers, he seems determined to preach doom and gloom for the years ahead.

His comments made recently in America are not what we expect from anybody who has taken on the responsibility to speak for the future of this great nation as we forge ahead.

The time has arrived for a more positive approach from our First Minister both to the challenges and opportunities here in Wales and on the world stage.

Gareth Jones, Colwinston.

Lucky winner should sleep soundly on his prize bed!



THE winner of a competition organised by The Place for Homes and Silentnight was Mr Jake Harris.

The prize was a Silentnight bed, and Mr Harris is pictured collecting his prize from Mrs Rhian Francis, the MD of The Place for Homes, at Llandow.

Mrs Francis told The GEM: "Mr Harris was shocked and delighted at being chosen at random from the hundreds of people who entered the competition at the Vale of Glamorgan Show in August.

"Mr Harris selected the Silentnight 1200 Mirapocket, Which magazine's Best Buy for 2016.

"The promotion was to launch the first and only Silentnight Sleep Centre in Wales at The Place for Homes in Llandow, Cowbridge.

"The Silentnight Platinum bed selection, including the Which Best Buy Bed, is on display and exclusive to The Place for Homes in Wales.

Energy saving advice in Penarth

VALE residents could be able to save money on their energy bills with help from the Welsh Government Warm Homes Nest scheme.

The Nest team will be at the Care and Repair 'Warm Up for Winter' event at the Paget Rooms in Penarth on Wednesday, September 21 to provide free energy saving advice to those who worry about their energy bills. The team will be available from 10am to 2pm.

In addition to advice, people who receive a means tested benefit and live in a home that is hard to heat may also be eligible for free home improvements from Nest. These may include a replacement boiler, central heating system or insulation.

Lee Parry, Head of

Nest, said: "Since the scheme started in 2011, Nest has provided free advice and support to over 85,000 households across Wales with over 23,700 householders benefiting from free home improvements."

Nest can be contacted on Freephone 0808 808 2244 or visit www.nestwales.org.uk.

Giving a lift in the Vale

THE Lift (Life Is For Today) group offers friendship and support to those affected by breast cancer.

It meets in Cowbridge once a fortnight, either between 10am and 1pm for relaxation therapies or 2pm to 4pm for other activities, such as speakers or trips out.

Come and join us, bring a friend, for friendly, supportive and confidential get-togethers.

If you know anyone who might benefit from this group, please ring Anne on 01446 772843. We look forward to seeing you.

JH

MOTHER'S CALL TO RAISE AWARENESS OF SEPSIS

WITH 2,200 deaths from Sepsis each year in Wales, there are calls to raise awareness of the illness among the public and healthcare professionals to ensure people can spot the signs of this life-threatening illness early.

As part of World Sepsis Day (September 13), Cardiff and Vale University Health Board has teamed up with UK Sepsis Trust to raise awareness of this life threatening condition that arises when the body's response to an infection injures its own tissues and organs.

Rebecca Howells' son Sam contracted sepsis when he was four years old following a bout of pneumonia. Sam beat the odds and overcame a five per cent chance of survival, facing brain damage, amputation and locked in syndrome during his illness.

He is now eight years old and has undergone nine operations over the last four years and is now riding his bike and taking part in sports days.

There are 10,000 cases of sepsis in children each year of which 1,000 will die. Rebecca is keen that



Rebecca Howells with her son Sam, who survived sepsis four years ago.

there is more awareness of sepsis so no one has to go through what her family did four years ago.

She said: "Over the last four years for me it has been evident that the amount of information readily available on sepsis is lacking. I was sitting in the doctor's surgery recently and there were so many leaflets on meningitis but nothing on sepsis.

"We, the public and some healthcare professionals, are not necessarily clued up on the signs of sepsis which can be caused by any sort of bacteria.

"What I'd like is to raise awareness of sepsis so that people know the signs and know when to take action. Spotting the

signs early could help save a child's life and some people unfortunately don't have the same outcome that Sam had."

The signs of sepsis in children include breathing very fast, a fit or convulsion, pale, mottled skin, a rash which does not fade when pressed, and very lethargic and cold to touch.

Paul Morgan, consultant intensivist

and sepsis lead at Cardiff and Vale UHB said: "Across the world someone dies of sepsis every three-and-a-half seconds with deaths in Wales hitting 2,200 per year. This costs the NHS approximately £125 million. The human cost however, is immeasurable for those who survive sepsis and those who are bereaved.

"Families can be left devastated by sepsis, whether their loved one survives or not. Many survivors are left with long-term physical and psychological damage.

"The key to improving outcomes from sepsis is early, appropriate, aggressive treatment. However, this means that the levels of awareness and knowledge must be raised amongst both the public and healthcare professionals alike."

To find out more about sepsis, visit: www.world-sepsis-day.org; www.sepsistrust.org; www.1000livesplus.wales.nhs.uk/what-is-sepsis/.

Go to the The GEM for the latest stories and breaking news...

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www.bridgend-today.co.uk
www.porthcawl-today.co.uk



'A Caring, Community Focused School' – ESTYN



The Head, Staff and Pupils invite Prospective Parents and Pupils to our Open Evening Thursday 22nd September, 2016.

Tours start at 4 or 4.30pm

In Spring 2015, Pencoed Comprehensive was categorised as a 'Green' (Highly Effective) school by the Welsh Government - Group 1 for standards and Grade A for ability to carry out improvements. One of only nine secondary schools across the Central South region and one of thirty schools (out of 211) across Wales.

In Summer 2016, the school celebrated our best ever GCSE results, with 72% of mainstream pupils achieving five or more A*-C passes, including English and mathematics. In addition, nearly every pupil sitting GCSE exams in 2016 gained five or more passes at A* to C across all subjects.

All of this, coupled with the launch of the Penybon Sixth Form College at Pencoed Comprehensive - our ground-breaking partnership with Bridgend College - means that there has been no better time to join us at Pencoed!

Coychurch Road, Pencoed, Bridgend 01656 867100
admin.pencoedcomp@bridgend.gov.uk www.pencoedcs.bridgend.sch.uk
 follow us on twitter @pencoedcomp

Jake Harris accepting his winning bed and Silentnight Hippo and duck from Rhian Francis, Managing Director at The Place For Homes.

TEDDY BEARS' PICNIC

A TEDDY bears' picnic and treasure hunt walk takes place on Sunday, September 25 at Romilly Park, Barry, starting with the treasure hunt at 11am at the west entrance gate (near the tunnel).

The teddy bears' picnic will begin at 12 noon, and parents are asked to bring their own blanket, picnic and teddy bear. A minimum donation of £3 for both events will go towards the Mayor's chosen charities.

In the event of inclement weather, the event will be cancelled. For further information, contact Julie on 01446 704922 or email juliehurd@barrytowncouncil.gov.uk.

Barry Community Garden makes bid for 'Bags of Help'



Lisa Williams, garden manager (right) with garden volunteers.

BARRY Community Garden, managed by Newydd Housing Association, has been shortlisted for the Tesco Bags of Help initiative and is bidding to bag a massive cash boost.

Tesco supermarket has teamed up with 'Groundwork' on its 'Bags of Help' initiative, which awards grants of £12,000, £10,000 and £8,000 – all raised from the 5p bag levy – to environmental and greenspace projects.

More than 2,800 groups up and down the country applied for grants from the scheme, but only three groups in each of Tesco's areas have been shortlisted. Shoppers are being invited to head along to their local Tesco stores to vote for who they think should win the top grant.

Barry Community Garden, managed by Newydd and owned by the Vale Council, is an outdoor project in Gibbonsdown available to the whole community.

Since Newydd took over the garden in spring 2015, it has been transformed by volunteers from a disused piece of land into a beautiful garden, with activities and facilities for people to enjoy.

Lisa Williams, the garden manager, said: "We are thrilled to be shortlisted! We are currently working on a project with the Construction Youth Trust and RNIB to transform a part of the garden into a sensory area.

"With this money we could design and create an

area that would provide a stimulating environment for those with sight loss."

Lindsay Crompton, head of community at Tesco, said: "The first round of the Bags of Help initiative was a fantastic success. In total, 1,170 community groups were awarded £8,000, £10,000 or £12,000 – that's £11.7 million being invested in local projects.

"We are delighted to open the voting for round two. There are some fantastic projects on the shortlists and we can't wait to see them come to life in hundreds of communities."

Groundwork's national chief executive, Graham Duxbury, said: "Bags of Help is giving our communities both the funding and the support to create better, healthier and greener places for everyone to enjoy. We've been thrilled to see the diversity of projects that have applied for funding, ranging from outdoor classrooms, sports facilities, to community gardens, play areas and everything in between. They're all fantastic projects that make a real difference in our neighbourhoods."

Voting is open in stores from Monday, September 26 to Sunday, October 9. Customers will cast their vote using a token given to them at the check-out in store each time they shop.

Citizens' Advice says 'make prompt pension plans'

TODAY (Thursday, September 15) is Pension Awareness Day and Cardiff & Vale Citizens Advice is encouraging people to plan earlier for a comfortable retirement.

The charity says that many people in Cardiff and the Vale find pensions confusing and can be put off by complex language and paperwork, leaving their retirement plans to the last minute.

Previous research from national Citizens Advice shows that one in four people (27 per cent) with a defined contribution pension feel they don't understand their pension plan.

The research also finds people aren't checking their pension, with just under a quarter of people (22 per cent) not knowing how much was in their pension pot and almost one in six people (15 per cent) checking their pension value less than every two years.

Following last year's pension freedoms, people who are 55 and over now have more options on how to take money from their defined contribution pension.

The changes mean that for the first time you

have the option to buy an annuity (a guaranteed income), take an adjustable income, cash in a lump sum or a mixture of these options.

Cardiff & Vale Citizens Advice offers face to face appointments with the government's guidance service, Pension Wise, where people 50 and over with defined contribution pensions can get free and impartial information about their options.

Roger O'Brien, Pension Wise guidance specialist, said: "Many people don't engage with their pension until it's time to make a decision about their retirement.

"While retiring from work may seem far away, we're encouraging people to start making plans for their retirement savings.

"The pension freedoms mean there are more options than ever before and our Pension Wise team can help get you on the right track to a financially secure retirement."

To book a face to face or telephone Pension Wise appointment, call 0800 138 8292. Otherwise, you can visit Cardiff & Vale Citizens Advice to book an appointment.

'Mr Sleek' announces his 'Woman Of The Year' who lost an incredible nine stone

SIONED WATKISS from Barry was crowned Slimming World's Woman of the Year at Buttrills Community recently, after losing an incredible nine stones.

Sioned had said that when she first joined her local Slimming World group, she was a bag of nerves.

"I need not have worried because everyone was so lovely and friendly, and incredibly supportive. I had the shock of my life when I got off the scales for the first time – I was 19st 2lbs."

Sioned explained: "I've struggled with my weight since childhood. I used to go to the dietician in our local doctor's surgery in Llanberis, north Wales to get weighed every week.

"I was only 13 or 14 at this time and I used to feel very embarrassed as my friends at school were all slim.

"I got bullied for a short period of time in school. I don't really like to talk about it but I did have some children kick me in the corridors and even try and push me down the stairs, and they would call me beast.

"I moved to Cardiff when I was 21 and piled on more weight. I tried all the fad diets going. I even tried joining the gym and soon got bored as there was no change really in me.

"Even with my wedding coming up I still didn't do much about it, and my wedding dress was a size 20!

"With Slimming World, nothing is off-limits and you never, ever feel hungry. In just six months I had already lost over four stones. If I wanted treats, I had them. If I had a gain one week, I kept going to the group. I knew the plan worked, and I loved the changes it was making, so I kept going.

"By Christmas 2015 I had lost six and a half

stones. I went home to north Wales to visit family and friends and the reactions I got were simply amazing. My mother was in tears and popped open a bottle of champagne, saying that this was an 'OMG' moment and that they were so proud of me!

"At the beginning of the year, my husband Steve and I bought our very first home in Barry and I managed to still make my way to my Slimming World class until my husband spotted a poster to a class in Barry on a Saturday morning.

"This was perfect for me. Soon Martin took over the class and I knew he was going to be amazing.

"We have a very lively and warm group, and the encouragement and support he has given to me is truly fantastic.

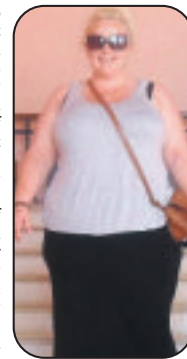
"Martin asked me if I wanted to be part of our social team, so I get the chance to help others on their journeys too. I love it.

"Martin is such an inspiration to the class having lost ten stones himself and being a national competition winner.

"I was over the moon to be awarded Woman of the Year 2016 in our group. With nearly nine stones off, I'm slowly getting close to target."

Martin added: "Sioned is such an inspiration to the members and we all love her in the group. She never fails to attend, because she wants to help others on their own path too. She really is a beautiful person on the inside and out. I was so privileged to be able to put Sioned forward to the next stage of the national competition."

The group meets at Buttrills Community Centre, North Walk, CF62 7EY at 8am and 10am. If you would like to, come along, or contact Martin on 07827 445 570.



Sioned Watkiss, before Slimming World...



...Sioned now!

Taking in the rich history of Chepstow

TERRY from Penarth and District Ramblers was joined by a group of eight for the train journey from Cardiff Central over the border to Chepstow on a beautiful sunny morning.

Heading through the town and reaching the ruined old Port Wall and then Gunstock Wharf which is renowned for its history of shipbuilding, just downstream was the rebuilt 19th century cast iron Chepstow Bridge which spans the River Wye.

Beneath their feet a colourful ceramic tile mural beside the river marks the start or finishing point of the Wales Coast Path, depending on whether you are starting or finishing, and depicts all the counties the path passes through on its 870-mile journey from Chepstow to Flintshire.

Returning back into the town where the 15th century Priory Church of St Mary was constructed by the Norman lord William FitzOsbern at the same time as the castle, a climb through a residential area led into woodland and the

Bulwark, a 20th century residential area named after an Iron Age hill fort which is known locally as The Warren.

A tunnel below the busy M4 followed by the circumnavigation of a large industrial complex led into fields for the journey to Mathern village and the church dedicated to St Tewdric, who was King of Gwent.

Following victory at the battle of Pont-y-Saeson near Tintern, during which he was badly injured, and making the journey back to Flat Holm in the Bristol Channel, Tewdric died and is buried at the place where the church now stands.

Crossing onto St Pierre Golf Course, fields

and a railway line on the Caldicot Levels led them to the grassy banks of the River Severn with its fine views of both Severn crossings on the skyline.

As this area has the second highest tide in the world, the area is composed of sandbanks, mudflats, wetlands and salt marshes, which they passed as they trekked on to reach Black Rock for lunch in the picnic area.

This historic site once led the Roman legions by boat across the river to Chissell Pill near Bristol and in more modern times is home to 'Lave Net' fishing using traditional Y-shaped nets to catch fish on the ebb tide.

Continuing to Sudbrook, where most of the housing was built for the workers and their families during the construction of the Severn Tunnel, and passing underneath the second Severn Bridge, curving its way across the river, they returned inland to the special station that was built on the Caldicot Levels at Rogiet to serve Severn Tunnel Junction before boarding the train home.

On September 17, meet at 8.30am at Cogan Leisure Centre for an 11-mile moderate circular walk from Glasbury to Hay-on-Wye; contact Sylvia on 029 2070 8758.

On September 18, meet at 8.30am at Cogan for a 10-mile hard walk taking in Fan Brycheiniog, Llyn y Fan Fach and Fawr; contact Robin on 029 2051 4051.

Wear suitable clothing, preferably boots and carry waterproofs, food and drinks. Some degree of fitness is required and if you are in any doubt, then please contact the walk leader for advice. Programmes and membership advice can be obtained from Pam on 029 2025 5102.

JOY STRANGWARD

Classic car club goes extra mile for Marie Curie

ON Wednesday, September 28 members of the south Wales branch of the Morris Minor Owners Club (MMOC) will be fundraising in Tesco Penarth to help raise money for the Marie Curie Cardiff and Vale Hospice.

The members will also be visiting the hospice on Thursday, September 29 with their charity car to meet the staff.

The event is part of celebrations for the 40th anniversary of the MMOC which are being marked by an ambitious national expedition that will raise money for Marie Curie, the UK's leading charity for people living with terminal illness and their families.

The club is taking an iconic 1962 Morris Minor on a trip across the UK, visiting Marie Curie shops and all nine of Marie Curie's hospices, on the way.

The car will journey from John O'Groats to Land's End over a period

of around five weeks and will also visit a number of locations that are significant to the history of the car and the development of the club, which was first established in 1976.

When the car stops in Penarth it will be joined by Morris Minor owners (and their cars) from the south Wales branch of the club (MMOC).

Georgina Burke, of Cardiff and Vale hospice, said: "We can't thank the MMOC and their members enough for their kind and continued support for Marie Curie. It really is an ambitious journey and it's heart-warming to see them sharing their passion for the Morris Minor in such a positive way. The marathon will raise vital funds that will make a real difference for people in the UK who are living with terminal illness, and for their families."

The marathon begins on Friday, September 2 and is scheduled to reach Land's End on Saturday, October 1. Over the course of the trip, the car will cover 135 individual stages and make 75 stops.

The Penarth Hockey Club news round-up

PENARTH Hockey Club's second XI faced a tough task in their opening pre-season friendly, lining up against a Llanishen & Caerphilly side that will be playing in the league above them this season.

It was a first test for the new captain/vice-captain combination of Sam Chick and Jamie Davison, who take over the reins from Matt Birch and James Davies, who bowed out after leading the team to De Cymru 2 league success and a cup final appearance last year.

Penarth started strongly and, with a new formation, managed to dominate the opening exchanges, appearing to take an early lead after only ten minutes when Tom Parkinson did extremely well to find Matt Birch, who slapped the ball home at the far post, only for the goal to be controversially ruled out for an earlier offence by the Llanishen & Caerphilly defence.

Penarth and Birch were not to be denied, however, with the former captain converting a second chance minutes later, after Chris McCarthy had robbed a visiting defender inside the 'D' and fed the ball to the far post.

Llanishen & Caerphilly tightened up after conceding the goal and, in their frustration, Penarth were guilty of losing their shape a little, forcing goalkeeper Mark Harris into action before the interval.

On both occasions, however, the Welsh Over-40s regular was up to the task and the home side went into half-time still a goal to the good.

Penarth were able to

regroup during the break and, as in the first half, were again able to dominate the opening exchanges at the restart.

In a repeat of the earlier passage of play, their efforts would be rewarded with a goal when an excellent attacking move was neatly converted by Dave Kidby.

Penarth remained on top for the rest of the game, but were guilty of some rusty finishing and were unable to add a third goal before the final whistle.

Much credit for the eventual 2-0 scoreline must also go to the defensive efforts of the back four, which limited the visitors to a few half-chances and gave Harris a relatively quiet afternoon between the sticks.

The performance and final result, however hard-earned, will give the Vale side to take a lot of confidence to take to Swansea this weekend for the annual cup qualifying competition.

After losing in the Welsh Challenge final last season, Penarth will aim to go one step further this time around, and can qualify if they can finish in the top two in the seven-team tournament on Saturday.

PENARTH 7, NORTH SOMERSET 5

The first XI continued their preparation for the coming season by hosting North Somerset in a high-scoring encounter at Stanwell School.

After a series of 'unofficial' friendlies throughout August, the senior Penarth side topped the ante by facing off against a side from the parallel Conference South division as they look to build on the league and cup double

that not only earned some welcome silverware for the Vale club but also elevated them further into the Wales and West echelon of the GoCrea8 Hockey League.

With a handful of new faces in the ranks, attracted to Penarth by the free-flowing hockey exhibited throughout 2015-16, the home side were able to create a lot of pressure on the North Somerset area, but also needed to defend against the strongest opposition faced in some time.

Penarth eventually ran out 7-5 winners on an afternoon where both goalkeepers got a good work-out, and will take heart from the performance of a side still missing some of its regulars as it moves closer to its Conference North debut on October 1.

LLANISHEN & CAERPHILLY 'A' 4, PENARTH C 0

Bolstered by a number of third XI players, Penarth's reformed 'C' team travelled to face Llanishen & Caerphilly in their first fixture in over 20 years.

Having thought that the opposition was going to be comprised of players from the Cardiff club's lower 11s; however, the visitors found themselves facing a side predominantly made up of second XI players.

Despite this, the embryonic Penarth side gave a good account of themselves and, whilst rarely threatening the Llanishen goal throughout a game based around the unusual format of three 25-minute periods, the final 4-0 scoreline was hardly a fair reflection on a game where the Bears more than held their own for long periods.

With youngsters Jack Ritchie and man-of-the-match Rhys Meddins making their senior debuts, the future looks to be one of great promise for the club in general and Penarth 'C' in particular.

This Saturday sees the 'C-siders' travelling to Newport to face a Gwent 'B' development side with more of the promising youngsters coming through the Penarth youth development programme expected to be given their senior debuts.

All four Penarth Hockey Club sides are due to be in action this weekend with the second XI looking to come through the qualifying stages of the Welsh Cup competitions, while the firsts entertain

Whitchurch 'A' ahead of the third XI's fixture with Cardiff Medics, as the fourths travel to Newport to face Gwent 'B'.

Anyone interested in joining the club at senior or youth level can contact club secretary Dave Stevens (d_stevens81@hotmail.co.uk) for further information. CL

Cowbridge under-13s in high-scoring game

COWBRIDGE under-13s kicked off their 2016-17 campaign with a pre-season fixture played over three periods at 'altitude' against Pentrych.

After a summer with significant changes in personnel the coaches were left pleased with the effort of a squad which showed promising signs for the campaign ahead.

Cowbridge started the game in terrific fashion with good ball retention by the forwards through several phases of play, leading to a well-taken score from the excellent Fin Brace.

Pentrych hit back quickly as some defensive lapses and rusty organisational play allowed their two speedy wingers to run in three unanswered tries to finish the first period the stronger, the score 19-5 to Pentrych.

The second period saw a more aggressive defence and good line speed from Cowbridge ratchet up the pressure on the home side.

The hosts looked more vulnerable and some sustained pressure allowed Brace to cross for a well-taken second try, injuring himself in the process.

This was swiftly followed by a superb individual score from Fin Sullivan who rounded his opposite number and flew in from 50 yards for the score of the day to make the score 19-15 at the end of the second period.

Pentrych came out for

the final period having been given a talking to by the coaches and a lapse in concentration by Cowbridge after a Pentrych clearing kick saw them cross for a further converted score.

With time against them, Cowbridge upped their game around the contact area and worked their way up the field for Tom Brennan to gallop over from short range and bring the boys to within a score, Akka Guwy adding the conversion.

With the last action of the game however, the hosts added another well-worked try after a fine bullocky run by their tall substitute lock, the final score 31-22.

A near-full squad had valuable game time in this outing and gave a good account of themselves against the former district champions.

Tightening up the defences for this Sunday's visit of the dangerous Llanishen side is a must, but all the boys, and especially the three new squad members, acquitted themselves well to set up a mouth-watering season ahead.

Squad: Lewys Robins, Finlay Ball, Sebastian Johns-Powell, Alfie Rees, Tom Brennan, Rhys Ford, Aron Kempson, Oliver Jones, Ifor Rees, Robbie Brown, Akka Guwy, Archie Lloyd, Rhys Pritchard, Steffan Evans, Paddy Kennedy, Aaron Holcombe, Rhys Hardman, Finlay Brace, James Jones, Finlay Sullivan, Will Harris.

IH

Great turnout for Highlight Race



ABOVE LEFT: Martin Rudkin came first sailing Tomahawk, and ABOVE RIGHT: Brian Dotchon came in second place.

THE 49th annual Highlight Race was held at Barry Yacht Club on Saturday, September 10, with 20 boats lining up at the start.

The weather forecast for Saturday was very good and this appears to have encouraged both visitors and BYC members to take part.

The very encouraging entry of 20 vessels included nine visitors, from Porlock Weir Boating & Sailing Club and Cardiff Yacht Club.

The actual weather was somewhat overcast but the wind was generally a moderate force three from the northwest and the sun did make a short appearance towards the end of the race. The wind remained steady for most of the time with only occasional increased gusts.

The course set by the officer of the day, Vice Commodore John Wilson, received general approval and involved a broad reaching first leg from the start off Jackson's Bay to the Holm Middle buoy which is located between Flat and Steep Holm.

There followed a beam reach up to the Tail Patch buoy north east of Flat Holm before the beat home to Barry via the South Cardiff buoy off Lavernock Point.

The fleet spread out quite quickly from the start with the faster boats, and those flying spinnakers, getting ahead. It was necessary to jibe at the first mark for the reach on port tack to Tail Patch.

At this point competitors had to decide whether to remain on port tack, and cross the shallow water off Cardiff, or come about onto starboard tack towards Flat Holm.

The majority decided to stay on port and seek the first of the ebb tide inside the Cardiff banks. Those that went onto starboard appear to have gained an advantage by entering the flood tidal shadow to the east of

Flat Holm.

The eventual winner, Tomahawk, sailed by Martin Rudkin of Barry Yacht Club, followed this course. The second and third boats, Brian Dotchon's Sally Loper, also of BYC, and Hidden Secret, sailed by Colin Brooks of Cardiff YC, went in towards Cardiff.

The wind freshened at times during the final beat home and there were some short seas to negotiate off Lavernock Point and Sully Island when the ebb began to run.

The leading boat, the Soling keelboat Madcap, finished the course in less than three hours and the leading cruiser, Violet Flame, was only some 15 minutes astern.

The finishers were then spread out over a period of about one and a half hours. The prizegiving took place later that evening at the BYC Clubhouse before a well-attended supper.

Generous money prizes and replicas were awarded to the first

three boats on corrected time and there was also a special trophy for Madcap (Mark Fisher) the first boat home.

Trophies were also awarded to the first boat from the north shore of the Bristol Channel, won by Tomahawk, and from the south shore, won by Sophie of Porlock Weir BSC.

John Webb, Highlight Building, and John Wilson, Vice Commodore, thanked the competitors for attending and those involved in organising the event both afloat and ashore.

The general consensus was that everyone had a very enjoyable day both afloat and in the convivial atmosphere of Barry YC.

The race, which was originally named the BBC TV Race, has been generously supported by Highlight Building and Property Maintenance since 2010.

SK

Cowbridge Darts League round-up

ON Tuesday, September 6, the 2016-2017 season of the Cowbridge Darts League got underway.

Last season's champions, the Edmondson B, got off to a good start beating the Highwayman Inn 7-2.

The Edmondson A beat the new team, the Victoria Inn, 7-2 and Six Bells Inn beat the Farmers Arms B by the same score.

The Edmondson C beat the Red Lion 8-1, while in the tightest match of the evening Llanharri beat the Farmers Arms 5-4.

It was an evening of high-scoring darts with Lee Davies (Llanharri), Richard Williams (Edmondson C) and Martin Thomas (Edmondson B) hitting 180s and some excellent three-dart-outs by Tony Fox (Farmers Arms) 88 and Martin Thomas (Edmondson B), 94, but the first 100+ out was

achieved by Joan Burt (Red Lion) 115.

Present league standings, after one game, are: Edmondson C (8 points), Edmondson B, Edmondson A and Six Bells Inn (7), Llanharri (5), Farmers Arms (4), Victoria Inn, Farmers B and Highwayman Inn (2) and Red Lion (1).

Next week, Tuesday September 20, we have another full programme of league fixtures.

The Edmondson B hosts the Victoria Inn, the Farmers B hosts Llanharri, the Edmondson C hosts the Highwayman Inn, the Red Lion hosts the Farmers Arms and the Six Bells Inn hosts the Edmondson A.

All matches start at 8.15pm and spectators are always welcome.

For further information e-mail Paul a cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

Millwood wrap up the season

WEDNESDAY evening saw Millwood A side welcome runaway leaders of Division 7 Penygraig to the club for the final match of the 2016 season.

The match got underway and after five ends the game was all square, 16-16. Over the next five ends, Alan Bumford and Peter Taylor and their rinks were proving equal to the task against their opponents, but Gary Williams and Jim Butler with their rinks were finding their opponents rather hotter to handle and overall the score started to swing against the home team, 37-27, in the visitors' favour.

Nevertheless Millwood teams are known for their tenacity and continued to fight

strenuously on all rinks, but our visitors were not going to be denied their aim of completing the season unbeaten and won the match 71-61, which, as their captain conceded in the after-match speeches, was the closest result for them all season.

Congratulations to all Millwood players for a fine effort.

Club captain Alan Evans thanks all members for their support this season and wishes all indoor bowlers good bowling over the winter and looks forward to meeting members at the social functions arranged over the winter at the clubhouse.

Finally a big thank you to The GEM for their support not only to us at Millwood but the local bowling community generally.

BH

Go to our dedicated sports page for the latest stories and breaking news... @sport_gem

Belle Vue sign off season with a win

BELLE VUE won their last game of the season in the Cardiff League by 10 points to four, winning by 12½ shots after adjustment.

Rink one won by 19½ to 18 after the score adjustment, again this rink had only three men in. Lead was Richard Fitzjohn, No 3 was Dave Miller and the skip was captain Malcolm Thomas.

Rink two won 31-8. The lead was Gerry Field, No 2 was Paul Booth, No 3 was Barrie Bagwell and the skip was Dave Purser.

Rink three lost 21-17. The lead was Colin Scammell, No 2 was new recruit Dave Bradley, No 3 was Richard Brant and

the skip was Trevor Ford. Rink four also lost 23-15. Lead was Frank Keen, No 2 was Gordon Ford, No 3 was Len Fowler and the skip was Paul Paterson.

All in all, Belle Vue had a very good league season, the best for a few years. Well done, everyone. Both the captain Malcolm Thomas and the chairman, Dave Purser, praised the team for their efforts for the season.

Lastly, Belle Vue would like to thank Caerphilly Bowling Club for good buffet and the spirit the game was played in.

See you all next season, and best wishes from me.

FRANK KEEN

MILLWOOD BOWLERS MAKE THE MOST OF FINALS WEEKEND!

THIS weekend saw the culmination of the season's internal competitions, and due to the number of members reaching multiple finals, the club played some finals on Friday afternoon.

The Ladies triples saw Jane Selley, Julie Mason and Kay Kerslake up against Mary Edmunds, Carole Norman and Sandra Jodrell.

After five ends Jane Julie and Kay had raced into a six shot lead but over the next five ends Mary Carole reduced this to a two shot deficit.

However over the remaining ends Jane Julie and Kay rediscovered their touch and ran out worthy winners 18-14.

The mixed pairs saw Derek Gorringer and Sheila Froud up against Alan Bumford and Jan Taylor; a close game was expected and after a very close first five ends the scores were level at 3-3.

However over the next 10 ends Alan and Jan built a lead of eight shots which they were not going to give up, finishing a very comfortable 20-14 winners.

The third final played on Friday was the Mens Pairs between Dave Lougher and Alan Evans versus Haydn Spencer and Keith Davies.

After five ends Dave and Alan held a two shot lead, 6-4, and over the rest of the match steadily increased their lead, running out comfortable winners, 25-12.

Saturday opened under overcast skies with players and members hoping the

forecasters would be right and the weather would improve.

Play got underway at 10am with the Mens Triples, Ladies Pairs and Ladies Novices.

In the triples Dave Lougher, Mike Williams and Derek Gorringer played Harry Hodgkinson, Alan Bumford and Keith Davies, and after five ends Harry, Alan and Keith led by 5-3.

However the next five ends saw Dave, Mike and Alan race into a 10 shot lead, 16-6, which they held to the end, winning by 21-11.

In the Ladies pairs Sheila Froud and Birgit Williams found themselves facing Julie Mason and Carol Norman, who, after five ends, held a 5-2 shot lead.

Sheila and Birgit came roaring back and after 10 ends they led by 10-6, a lead they held on to the end, winning 21-10.

The Ladies Novices Championship was contested by Janet Jones and Chris Sewell, both new lady members this season.

After a close opening five ends, Chris got into her stride and managing to dominate the jack she won comfortably by 21-10.

In the Mens Championship club captain Alan Evans faced Mickey Lucas and after first 10 ends Alan was leading 12-3.

At this point Mickey rolled up his sleeves and after the next 10 ends found himself in the lead, 18-15, setting the match up nicely over the last five ends.

With Alan regaining his touch and a four on the 22nd end, it enabled him to win 21-

19. The ladies singles was between Jan Taylor and Jan Jones; as previously mentioned Jan (a new member) had done well to reach two finals but Jan Taylor was in unforgiving mood and won convincingly, 24-10.

The Mens Novices saw Gary Smith lock horns with Mike Williams; a slow start did not do Gary any favours who spent all match playing catch up, finally going down 22-13.

The Mens Handicap saw Dave Lewis play Dave Lougher and the first five ends saw Dave Lougher take a three shot lead after 10 ends.

Dave Lewis fought back to be level at 8-8, however Dave Lougher took control over the remaining ends to win 21-8.

This brings us to the 2 Wood Mens Singles final between Keith Davies and Rob Thomas.

After five ends Keith had a one shot lead but after 10 ends Rob had taken the lead, also by one shot, 8-7.

After 15 ends Keith had retaken the lead again by one shot, 13-12, with nip and tuck being the order of the day and the scores being level at 21 ends, 16-16. The deciding end was played with Rob getting the vital shot.

All players are to be congratulated on their play on the day and we all look forward to another successful finals day next year.

BH

Club competitions come to a head at Cadoxton Bowls Club

CADOXTON Bowls Club held the finals of their club competitions over two days. Fortunately the weather stayed fine for both days.

There were a number of players who won the way to more than one final. Paul Swannick qualified for four finals. Don Kuhnell, Will Craven, Ivor Robertson, and Jim Stacey, made it into two finals each.

Three games were completed on Saturday. The Two Bowl competition opened the proceedings with a fairly tight encounter with Don Kuhnell winning 10 of the 17 ends played against Jim Stacey, for a narrow success.

The Club Championship and the Jack Hartman Trophy (for over-60s) followed.

The latter had Roy Harding a previous three times winner up against Ivor Robertson. Roy made sure of continuing his success with an easy win, by allowing Ivor, playing well below his normal form, just one winning end.

The Championship was a much more testing challenge for both players. The spectators were entertained with excellent bowling from both players.

Will Craven took the early ascendancy with an 8-4 advantage after eight ends. The upper hand was claimed by Paul Swannick on the 13th end at 9-10. The scores were then levelled after 17 ends at 12 each.

This was followed by a '2' and '3' from Paul to open up a gap. After 24 ends Paul made his score 20, with just one needed to win, with Will still five shots behind, and facing defeat. Nevertheless, Will refused to capitulate.

He scored a single on the next, a double after that and completed a fantastic comeback with a '3' to become Club Champion in his first year of membership.

On the Sunday four further games were scheduled, but due to unforeseen circumstances Jim Stacey could not take part, and conceded the final of the Novices Trophy to Ewan Heppenstall.

The first game was for the Handicap Trophy with Paul Swannick playing his second final against Derek Jeffries, who had one shot handicap advantage.

After 7 ends were completed the advantage had increased to four shots. However a '2' on the 13th end gave Paul the lead for

the first time, of one, and the impetus to continue to the target of 21 without conceding another shot.

The Triples Competition was played with Don Kuhnell skipping a rink assisted by David Fanning and John Papoutsou, against Derek Brook, David Evans and Arthur Field.

Johnnie Pap was in the lead position and produced a superb performance which gave the advantage to Don's rink continuously throughout the game, which was completed in their favour with consummate ease.

This was a milestone for Don whose name will now appear on all of the honours boards in the club.

The Pairs Competition was participated between Will and Howard Craven, and Ivor Robertson and Paul Swannick.

The Cravens took immediate control of this match and were successful without reply during the opening seven ends, with an advantage of 15-0.

However the supremacy during the remaining ends evened out with both sides adding eight shots each, before the game was conceded with only two ends remaining.

Paul Swannick also reached the final of a new sets competition in which he will meet Rob Byrne, during the coming week.

DK

CYNGOR BRO MORGANNWG

Deddf Cynllunio a Phrynu Gorfodol 2004

Rheoliadau Asesu Amgylcheddol Cynlluniau a Rhaglenni (Cymru) 2004

Rheoliadau Cynllunio Gwlad a Thref (Cynllun Datblygu Lleol) (Cymru) 2005

Hysbysiad o Newidiadau Materion yn Codi i'r Cynllun Datblygu Lleol

Cynllun Datblygu Lleol Bro Morgannwg 2011 - 2026

Mae'n ofynnol i Gyngor Bro Morgannwg baratoi Cynllun Datblygu Lleol (Call) yn unol â Deddf Cynllunio a Phrynu Gorfodol 2004. Bydd y CDLI hwn, ar ôl cael ei fabwysiad, yn disodli'r Cynllun Datblygu Unedol presennol a bydd yn sail i benderfyniadau ar gynllunio defnydd tir ym Mro Morgannwg. Mae CDLI Bro Morgannwg yn destun Archwiliad ar hyn o bryd ac mae'r Gyngor yn ymgynghori ar nifer o newidiadau arfaethedig sydd wedi dod i'r amlwg o ganlyniad i faterion yn codi yn ystod gwrandawiadau'r Archwiliad. Bydd y cynnod ymgynghori yn para o **Dydd Gwener 16 Medi tan hanner nos Dydd Gwener 28 Hydref 2016.**

Mae'r newidiadau arfaethedig yn ymwneud ag effennau o ddatganiad ysgrifenedig y CDLI a'r map argymhellion ac wedi eu nodi yn yr Atodlen Newidiadau Materion yn Codi (NMC). Gellir gweld copïau o'r Atodlen NMC, ynghyd â dogfennau'r Arfarniad Cynaliadwydd NMC (AS) (yn cynnwys yr Aseiad Amgylcheddol Strategol) ac Aseiad Rheoliadau Cynfioedd (ARhC) NMC ar wefan y Gyngor - www.valeofglamorgan.gov.uk/ldp Mae copïau caled hefyd ar gael i'r cyhoedd eu harchwilio yn ystod oriau agor arferol yn y lleoliadau canlynol:

• Cyngor Bro Morgannwg, Swyddfeydd Dinesig, Holton Road, y Barri, CF63 4RU

• Cyngor Bro Morgannwg, Swyddfa'r Dociau, Dociau'r Barri, y Barri, CF63 4RT

• Cyngor Bro Morgannwg, Alps Depot, Quarry Road, Y Wenfô, CF5 6AA

• Pob llyfrgell ym Mro Morgannwg

Dylid anfon sylwadau ynghyd yr Atodlen NMC, NMC AS a NMC ARhC yn ysgrifenedig at (yn ddelfrydol ar ffurflein cyflwyno sylwadau) y **Tim CDLI, Cyngor Bro Morgannwg, Swyddfa'r Dociau, Dociau'r Barri, y Barri, CF63 4RT.** Mae'r ffurflein i gyflwyno sylwadau i'w chael o'r lleoliadau uchod neu ar-lein www.valeofglamorgan.gov.uk/ldp. Gellir anfon ffurfiennu sylwadau wedi eu cwblhau un ai at y Tim CDLI yn y cyfeiriad uchod neu drwy e-bost i ldp@valeofglamorgan.gov.uk.

Ar y pwynt hwn dim ond sylwadau yn ymwneud â'r Newidiadau i Faterion yn Codi y dylid eu gwneud. Nid yw'r ymgynghoriad yn gyflw i'w chwanegu at sylwadau blaenorol nac i gyflwyno sylwadau newydd ar rannau o'r Cynllun nad ydynt yn wynebu newid. Caiff unrhyw sylwadau o'r math hwnnw eu diystyru oherwydd y dylid fod wedi eu gwneud yn ystod cynnodau cynharach o baratoi'r Cynllun. Caiff sylwadau priodol eu hystyried gan yr Arolygydd a benodwyd i archwilio cadernid y cynllun. Nodwch y bydd yr holl ymatebion ar gael i'r cyhoedd eu gweld ac ni ellir eu trin yn gyfrinachol.

Ar gyfer unrhyw ymholiadau yn ymwneud â'r Archwiliad, cysylltwch â'r Swyddog Rhaglen Sarah Kneveatt on 01446 704610 neu e-bostiwch programmeofficer@valeofglamorgan.gov.uk

Gellir cael mwy o wybodaeth ar yr ymgynghoriad Newidiadau Materion yn Codi ar wefan y Cyngor www.valeofglamorgan.gov.uk/ldp neu drwy gysylltu â'r Tim CDLI drwy e-bost: ldp@valeofglamorgan.gov.uk neu drwy ffonio: 01446 704665/ 704663.

The Vale of Glamorgan Council Planning and Compulsory Purchase Act 2004

The Environmental Assessment of Plans and Programmes (Wales) Regulations 2004

The Town and Country Planning (Local Development Plan) (Wales) Regulations 2005

Notice of Matters Arising Changes to the Local Development Plan

Vale of Glamorgan Local Development Plan 2011 – 2026

The Vale of Glamorgan Council under the provisions of the Planning and Compulsory Purchase Act 2004 is required to prepare a Local Development Plan (LDP). The LDP will, upon adoption replace the current Unitary Development Plan and form the basis for decisions on land use planning in the Vale of Glamorgan. The Vale of Glamorgan LDP is currently undergoing Examination and the Council is consulting on a number of proposed changes that have emerged as a result of matters arising during hearing sessions of the Examination. The consultation period will run from **Friday 16th September to midnight on Friday 28th October 2016.**

The proposed changes relate to elements of the LDP written statement and the proposals map and are set out in the Matters Arising Changes (MAC) Schedule. Copies of the MAC Schedule, together with the MAC Sustainability Appraisal (SA) (incorporating the Strategic Environmental Assessment) and MAC Habitats Regulation Assessment (HRA) documents can be viewed on the Council's web site at www.valeofglamorgan.gov.uk/ldp. Paper copies are also available for public inspection during normal opening hours at the following locations:

• Vale of Glamorgan Council, Civic Offices, Holton Road, Barry, CF63 4RU

• Vale of Glamorgan Council, Dock Office, Barry Docks, Barry, CF63 4RT

• Vale of Glamorgan Council, Alps Depot, Quarry Road, Wenvoe, CF5 6AA

• All Vale of Glamorgan Libraries.

Representations in respect of the MAC Schedule, MAC SA and MAC HRA should be sent in writing (preferably on the representation form) to the LDP Team, Vale of Glamorgan Council, Dock Office, Barry Docks, Barry, CF63 4RT. The form for making representations is available at the above locations or online at www.valeofglamorgan.gov.uk/ldp. Completed representation forms may either be sent the LDP Team at the above address or emailed to ldp@valeofglamorgan.gov.uk.

Representations (including support and objections) at this stage must only relate to the Matters Arising Changes. The consultation is not an opportunity to add to previous representations or to make new representations on parts of the Plan that are not subject to change. Any such representations will be disregarded as they should have been made during the earlier stages of Plan preparation. All duly made representations will be considered by the Inspector appointed to examine the soundness of the Plan. Please note that all responses will be made available for public inspection and cannot be treated as confidential.

For queries regarding the Examination, please contact the Programme Officer Sarah Kneveatt on 01446 704610 or e-mail programmeofficer@valeofglamorgan.gov.uk

Further information on the Matters Arising Changes consultation is available on the Council's website www.valeofglamorgan.gov.uk/ldp or by contacting the LDP team by e-mail: ldp@valeofglamorgan.gov.uk or phone: 01446 704665/ 704663.



Brynteg Cottage, Treoes, Vale of Glamorgan, CF35 5DL. £164,950

- Stone built extended semi-detached cottage.
- Entrance Hall. Spacious Lounge/Dining Room. Kitchen. Rear Hall/Utility Room.
- Spacious Ground Floor Bathroom.
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- Gravelled Forecourt and Rear Garden.
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HENDRE, COLWINSTON



- 5 bedroom detached property
- Double garage

- Potential for building plots subject to planning
- South facing gardens

£625,000

THE GRANARY, BONVILSTON



- Five Bedrooms
- Under Floor Heating

- Annexe Potential
- Double Garage

£650,000

HIGH STREET, LALESTON



- 3 bedrooms
- Modern interior

- Private parking
- Charm and character

£250,000

BADGERS BROOK CLOSE, YSTRADOWEN



- 3 bedroom semi detached property
- Redecorated/carpeted

- Sought after village
- No chain

£235,000

CLOS Y FULFRAN, BARRY



- 5 bedroom
- 3 reception rooms

- Double garage
- Sea views

£435,000

THE LIMPET, GILESTON



- 4 bedrooms
- Detached annexe

- Double garage
- Beach location

£435,000

WEST WINDS, PEN-Y-FAI



- Extended 4 bed property
- Secluded location

- Potential building plot
- 3 garages

£560,000

THE MEADOWS, CORNTOWN



- Semi detached property
- 3 bedrooms

- Cul de sac position
- Conservatory

£725pcm





Lakin Drive, Barry
2 Bedrooms
Semi Detached
2 Park Drive

£134,950 D66



Cotswold Rise, Barry
3 Bedrooms
Generous size living room
Good Order Throughout

£134,950 D68



Collard Crescent, Barry
3 Double Bedrooms
Refurbished Internally
Drive, Garage & Gardens

£164,950 D61



Chris Davies



Shelley Crescent, Barry
3 Bedrooms; No Chain
Drive & Generous Gardens
Shower Room & Separate WC

£87,500 D64



Court Road, Barry
3 Bedrooms; 3 Receptions
Enclosed Rear Garden; uPVC
Very Substantial Property

£119,950 E39



Old Mill Road, Barry
3 Bedrooms and 2 Receptions
Open Front Aspect/View; No Chain
Modern Kitchen and Bathroom

£139,950 D57



Lowdon Terrace, Barry
3 Double Bedrooms
Excellent Order Throughout
Modern Kitchen and Bathroom

£139,950 D62

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Llantwit Major 01446 792020
Barry 01446 700007
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Pinewood Square, St Athan
Two Bedrooms
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Murlande Way, Rhose.
Fully Furnished, 2
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Adjacent Parking.
C71. Band C.
£625 PCM.

**Shakespeare Drive,
Llantwit Major**
Three Bedrooms
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C71. Band C.
£650 PCM.

Orellana House, Barry.
Two Bedroom Waterfront
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Water Included In Rent.
C78. Band E.
£625 PCM.

Coed-Y-Felin, Barry.
Two Bedrooms,
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D66, Band C.
£670 PCM.

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120 High Street, Barry
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6 Bedrooms; 2 Reception Rooms
No Onward Chain

£164,950 D61



Lydstep Road, Barry
4 Double Bedrooms; 3 Receptions
Substantial Family Accommodation
Excellent Order Throughout

£169,950 D65



Sandringham Close, Highlight Park, Barry
4 Bedrooms, 2 Large Receptions
Long Drive; Rural Views; No Chain

£229,950 D62



Highlight Lane, Barry
4 Bedrooms; 3 Receptions
Conservatory Sun Room
Excellent Order; Enclosed Rear Garden

£315,000 D67



Fonmon Park Road, Rhose
3 Bedrooms; No Chain; Garage
Recently Redecorated Throughout
Modern Kitchen/Bathroom; Gardens

£149,950 D59



Rockdene, Rhose Road
3 Bedrooms and 2 Receptions
Traditional Style Property
Central Rhose Village; No Chain

£155,000 D62



Castle Road, Rhose
Spacious 4 Bed Mid Link
Upgraded Bathroom & Kitchen
Side Access to Large Rear Garden

£168,000 C71



Hearte Close, Rhose
4 Bedrooms/2 Receptions
Select Cul-De-Sac Location
Large Family Rear Garden

£230,000 D62



Glyn Y Gog, Rhose Point
4 Double Bedrooms; 2 En-Suite
Large Conservatory Extension
Head Of The Cul-De-Sac

£249,950 D63



Bryn Y Gloyne, Rhose Point
4 Bedrooms
Extended & Immaculate
Open Water Views

£259,950 C70



Fonmon Road, Rhose
4 Bedrooms & Study
Plentiful Parking; Lovely Order
2 Receptions & Kitchen/Family Room

£320,000 D65



Heol Pearetree, Rhose Point
5 Bedrooms/3 Receptions
Family Kitchen Room
Superb Executive Home

£337,500 D64

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3 Reception rooms
Large garden

£349,950 C73



Fontygary Road, Rhose
Versatile Bungalow With Sea Views
4 Beds; 2/3 Receptions; Superb Order
Planning Passed or Bungalow In Garden

£379,950 E48



Well Road, East Aberthaw
6 Bedrooms & 3 Receptions
Lovely Family Garden; Huge Garage Space
Built in 2000; No Chain

£399,950 C70

Expressions of interest



ST LYTHANS PARK, CULVERHOUSE CROSS

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at St Lythans Park, Culverhouse Cross.

Expressions of interest are invited from Homes4u members. Properties are due to complete in November/December 2016 and a local lettings policy applies to this scheme.

- One, two-bedroom house
Rent £99.61 per week (service charge to be confirmed)
- Two, three-bedroom houses
Rent £101.26 per week (service charge to be confirmed)
- One, four-bedroom house
Rent £120.30 per week (service charge to be confirmed)
- Four, one-bedroom flats (two ground and two first floor)
Rent £78.64 per week (service charge to be confirmed)



CROMPTON WAY, OGMORE BY SEA

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at Crompton Way, Ogmore by Sea.

Expressions of interest are invited from Homes4U members. The property is due to complete in October/November 2016.

A local lettings policy applies to this scheme.

- One, two-bedroom house
Rent £101.82 per week.



BADGERS BROOK, YSTRADOWEN

United Welsh Housing Association, with the Vale of Glamorgan Council announce the new development at Badgers Brook, Ystradowen.

Expressions of interest are invited from Homes4U members. Properties are due to complete in November 2016 and a local lettings policy applies to this scheme.

- Two, one-bedroom flats (one ground and one first floor)
Rent £78.64 per week (service charge to be confirmed)



To apply call the hotline, e-mail us at HOMES4U@valeofglamorgan.gov.uk or apply in writing to: Vale of Glamorgan Council Environment and Housing Civic Offices Holtton Road, Barry CF63 4RU

Benthyciadau di-log ar gyfer adnewyddu tai Interest free housing loans



Mae Cyngor Bro Morgannwg ar y cyd â Llywodraeth Cymru wrthi'n darparu benthyciadau di-log ar hyd a lled y Fro. Cynigir y benthyciadau hyn er mwyn helpu perchnogion i baratoi tai gwag ar gyfer eu defnyddio unwaith eto, a thrwsio'r hyn sy'n angenrheidiol mewn tai cyfannedd.

The Vale of Glamorgan Council in partnership with Welsh Government is providing interest-free loans across the Vale of Glamorgan. Loans are available to assist owners to bring empty properties back into use and to assist with essential repairs for occupied properties.

Pwy a gaiff ymgeisio?

- Perchnogion preswyl
- Landlordiaid
- Datblygwyr eiddo
- Busnesau

Who can apply?

- Owner occupiers
- Landlords
- Property developers
- Businesses

Pa waith sy'n gymwys?

- Unrhyw drwsio angenrheidiol y bydd perchnogion preswyl a landlordiaid yn ei wneud er mwyn cynnal eu heiddo e.e. atal llethder, trwsio offer trydanol, gosod systemau gwres canolog, ailosod ffenestri a drysau.
- Adnewyddu hen eiddo ar gyfer ei ddefnyddio unwaith eto. (Cofiwch ei bod yn rhaid i'ch eiddo fod yn wag am o leiaf 6 mis cyn y cewch ymgeisio).
- Troi hen dŷ neu adeilad masnachol yn un neu ragor o unedau preswyl.

What work is eligible?

- Owner occupiers and landlords carrying out essential repairs to their property e.g. work to remedy damp, repairs to electrics, central heating installations, replacement windows and doors.
- Renovation works on empty properties to bring them back into use.
- Conversion of an empty property or commercial building into one or more residential units.

Adran Adfywio a Chynllunio | For more information please contact:



www.valeofglamorgan.gov.uk/housingloans
neu neges i / Email housingloans@valeofglamorgan.gov.uk

Katie Matthews Gweinyddlydd Benthyciadau / Loan Administrator
Adfywio a Chynllunio, Cyngor Bro Morgannwg, Stryddfa'r Doc, Y Barri, CF63 4RT
Regeneration and Planning, Vale of Glamorgan Council, Dock Office, Barry, CF63 4RT

neu ffônio / Tel: 01446 704721



To apply call the hotline, e-mail us at
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or apply in writing to:
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Environment and Housing
Civic Offices, Holton Road
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APPLICATION DEADLINE: 21 SEPTEMBER 2016

All Homes4U properties have double glazing and central heating unless otherwise stated and will be allocated to the maximum occupancy.

It may take longer to rehouse you if you are awarded medical priority as there is a shortage of accessible and adapted homes in the Vale.

ARTHUR DAVIS COURT, BARRY

H4U reference 924488
55 and over
• One-bedroom flat
• First floor (no lift)
• Independent living officer on site
• Gardens and parking
Rent £123.22 per week
including service charge

ARTHUR DAVIS COURT, BARRY

H4U reference 964723
55 and over
• Studio apartment
• First floor (no lift)
• Independent living officer on site
• Gardens and parking
Rent £110.95 per week
including service charge

AVOCET COURT, BARRY

H4U reference 1075509
• Two-bedroom flat
• Ground floor
• Shower (no bath)
Rent £87.55 per week
including service charge

CAMMS CORNER, DINAS POWYS

H4U reference 251764
• Two-bedroom flat
• First floor
Rent £97.17 per week

CLOS PEIRIANT, BARRY

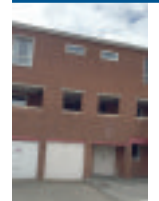
H4U reference 1078804
• Three-bedroom house
Rent £98.20 per week

COLUMBUS CLOSE, BARRY

H4U reference 134629
• Three bedroom house
• Parking
Rent £101.97 per week

DUNLIN COURT, BARRY

H4U reference 123759
• Two-bedroom flat
• Ground floor
• Level access shower
Rent £87.55 per week
including service charge

DUNLIN COURT, BARRY

H4U reference 133479
• Three-bed maisonette
• No garden
Rent £98.28 per week
including service charge

DYLAN CRESCENT, BARRY

H4U reference 208248
• Three-bedroom house
Rent £104.99 per week
including water charges

GWYN JAMES COURT, PENARTH

H4U reference 1009525
55 and over
• One-bedroom flat
• Ground floor
• Independent living officer on site
Rent £136.83 per week
including service charge

HANOVER COURT, BARRY

H4U reference 134514
55 (50 with medical need)
Priority for medical needs
• One-bedroom flat
• Ground floor
• Level access shower
• Mobile scheme manager
Rent £101.13 per week

LALESTON CLOSE, BARRY

H4U reference 214247
• Three-bedroom house
Rent £110.66 per week
including water charges

LONGMEADOW COURT, COWBRIDGE

H4U reference 230291
60 and over
• One-bedroom flat
• First floor (lift)
• Level access shower
• Warden and alarm
Rent £121.91 per week
inc. water & alarm chgs

MAESYBRYN, COLWINSTONE

H4U reference 229589
• Three-bedroom house
• Oil central heating
Rent £113.10 per week
including water charges

OAK COURT, PENARTH

H4U reference 1082877
55 (50 with medical need)
• Studio apartment
• Second floor (lift)
• Level access shower
• Mobile scheme manager
Rent £103.18 per week

PEARSE CLOSE, PENARTH

H4U reference 134708
• Two-bedroom house
Rent £99.90 per week

PONTALUN CLOSE, BARRY

H4U reference 221290
40 and over
• One-bedroom flat
• First floor
• Water meter
Rent £77.71 per week

SOMERSET ROAD, BARRY

H4U reference 223913
55 and over
• One-bed bungalow
• Level access shower
• Community alarm
Rent £108.61 per week
inc. water & alarm chgs

TREHARNE ROAD, BARRY

H4U reference 226484
• Two-bedroom flat
• First floor
Rent £89.93 per week
including water charges

TUSCAN CLOSE, LLANDOUGH

H4U reference 1024766
• Two bedroom flat
• First floor
Rent £99.77 per week

Vale of Glamorgan Council Hafod Housing Association Newydd Housing Association United Welsh Walee and West Housing Association

Visit the HOMES4U web page
to view homes available now
www.valeofglamorgan.gov.uk



You must be a HOMES4U member to apply for any of the rented homes.

When bidding for more than one property you will be asked to state your order of preference.

All descriptions and other details are given in good faith and are believed to be correct but any potential tenant should satisfy themselves as to their correctness.

From 21 September Homes4U will be trialling a free SMS service that will promptly notify applicants when they have been successful bidding for council owned properties (colour coded green).

The service will provide a facility to confirm acceptance of the offer using the free text response prompt. It is therefore important to provide correct contact details at the time of placing a bid.



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Family Notices

JORDAN Rowland John

Peacefully at the University Hospital of Wales Cardiff on September 5, Rowland (Rowly) of Castle Street, Barry. Dearly beloved husband of Peggy, much loved father of the late Linda, loving grandad of Ceri.

Resting at A.G. Adams & Son, Tynewydd Funeral Home, Gladstone Road, Barry until his funeral service in the chapel on Friday, September 23 at 2pm, followed by cremation at the Cardiff & Glamorgan Crematorium, Barry at 3pm.

Family flowers only but donations in lieu of flowers to the coastguard. Black attire optional.

MILES Christine Margaret (Née Browning)

Suddenly on September 7, Christine of Llantwit Major (formerly of Cardiff). Dearly loved wife of Michael and a much loved mother to Catherine and Ceri, and a loving nanna of Josh, Dylan, Celyn and Rhian.

Resting at W.A. Brown & Son, College Street, Llantwit Major until the funeral service on Friday, September 23 in Coychurch Crematorium at 1.45pm. Immediate family flowers only but donations may be made to Marie Curie Cancer Care c/o the Funeral Home.

GILES

Robert Whyman

It is with great sadness that we announce the passing of Robert, at Marie Curie Hospice, Penarth on September 5. A much loved brother to Sue, Jen and the late Russell. Beloved son of the late Betty and Bob.

Robert will be greatly missed by all who knew and loved him.

Resting at The Vale Funeral Service, 181 Court Road, Barry until his service and committal at Cardiff and Glamorgan Crematorium, Barry on Thursday, September 22 at 4pm. Family flowers only. Donations, if desired, may be made at the service to support Marie Curie in memory of Robert. The family request informal clothing be worn. Further enquiries contact Lyndsay Ellis - 01446 407962.

VERNON Colin William

(16 February 1942)

Peacefully in his sleep, Colin passed away at Llandough Hospital on September 1, 2016, aged 74 years.

Colin's wish to donate his body to medical research has been fully carried out.

Colin will be sadly missed by friends and family.
God bless you xxx

LEES

Myrna Ruth

Peacefully on Tuesday, September 6, after her long illness. Myrna, beloved wife of Brian, loving mother of Julia and Rob, sister of Alison. Cherished daughter of the late Lal and Len Keeley.

Myrna will be greatly missed by all who knew and loved her.

Resting at The Vale Funeral Service, 181 Court Road, Barry until her service at Cardiff and Glamorgan Crematorium, Barry on Tuesday, September 20 at 12pm. Family flowers only. Donations, if desired, may be made at the service to support Marie Curie & Crohn's and Colitis UK in memory of Myrna.

Further enquiries contact Lyndsay Ellis, 01446 407962.

PEMBRIDGE

Violet

Peacefully on September 9 at Holme Towers Hospice, Penarth, Violet of Rhose, beloved wife of the late Desmond. Devoted mother of Brian, dear mother-in-law to Jacqueline, much loved grandmother and great grandmother.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Wednesday, September 21, service and cremation 1pm at Cardiff and Glamorgan Crematorium, Barry. No flowers by request, donations if desired to Marie Curie Cancer Care c/o J James, 11 Fonmon Road, Rhose, CF62 3DZ.

McDONALD Gwynyth (Gwyn)

Peacefully on September 2 at Bella Vista Nursing Home, Barry, Gwynyth (Gwyn), aged 94 years, previously of Aneurin Road, Barry. Beloved wife of the late Hugh. A loved mother of Ian, Lynn, and the late Hugh, mother-in-law of Gail and Ann. Cherished grandmother, great grandmother, and great great grandmother.

Gwyn will be sadly missed by all who knew her.

Resting at A.G. Adams & Son Funeral Home, Gladstone Road, Barry until the funeral on Monday, September 19. Service in the chapel at 12 noon, followed by cremation at Cardiff & Glamorgan Crematorium, Port Road East, Barry. Family flowers only; if desired donations may be handed to the funeral director after the funeral for Holme Towers, Bridgeman Road, Penarth.

STOCKER David John

Peacefully fell asleep on the 8th of September, aged 77 years.

A service to celebrate the life of Mr David John Stocker will be held at the Vale of Glamorgan Crematorium on Wednesday, 21st September at 10am. The family welcome everyone for refreshments at the Cherry Orchard, Barry after the service. Resting at Park Independent Funeral Directors, Barry. Donations to Marie Curie in lieu of flowers.

PRITCHARD

Dorothy Marjorie (Dot)

Dot sadly passed away on September 7 at Milsom House Nursing Home, St Athan. Much loved mum of Annette and Andrew, loved mother-in-law to Rob and Sue, loving nan to all her grandchildren and great grandchildren.

Resting at the Private Funeral Home of W James & Sons, Fonmon. Funeral Monday, September 26, service 12 noon at Porthkerry Church, followed by cremation at Cardiff and Glamorgan Crematorium, Barry at 1pm.

VENNERS

Peter

Peacefully on Sunday, 11 September, Peter beloved husband of Jean. Dearly loved father of Stephen and Jonathan, father-in-law to Ceri and Karen. Adored bamps to Jodie and Jade, brother to Tom and uncle to his nieces. Loved and respected by Chris and Gaynor. Peter was loved and admired by Ann, Lloyd, Rachel, Louie, Alfie, Jayne and John.

Resting at The Vale Funeral Service, 181 Court Road, Barry until a celebration of Peter's life at Cardiff and Glamorgan Crematorium, Barry on Wednesday, September 21 at 2pm. Family flowers only, donations if desired, may be made at the service to support Marie Curie for the highly professional care given to Peter over the last six weeks.

The family request colourful attire be worn. Further enquiries contact Lyndsay Ellis - 01446 407962.

Acknowledgements

THOMAS

Alan

10/10/1933 - 21/08/2016

Thank you to all our wonderful friends and family who came to celebrate the life of our beloved Alan. Every little act of kindness we have shown us in the past few months has resonated in our hearts, bringing love and light to brighten our darkest days and fill our hearts with hope.

To Reverend Peter Taylor, thank you for conducting the funeral service with such warmth, dignity and love.

To Gareth and the wonderful Barry Male Voice Choir, your beautiful voices create music that soothes the mind and heals the heart, sincere gratitude to all who came.

Lyndsay Ellis of Vale Funeral Service - Thank you so much for everything you have done for us, we are truly grateful for your integrity, sincerity, professionalism and kindness.

Much love, Denise, Aldene and Neale xxx

Thank You

THANK YOU

Thank you Cathy for coming with me to all hospital appointments prior to the operation. Thank you to my friends for all their get well cards and phone calls, flowers, Welsh cakes, fruit tarts, Top Stack quiche and scones, and, last but not least, a large fruit cake from Julie. Thank you also to Jean who has moved in and helped me so much since I've come home. Only one more hurdle to go. See you all soon.

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Birthdays

Happy 80th Birthday to my Great Grandma Betty Lewis on 17th September With lots of love Ella Rhian P.S. I am nearly one now xxx

LUCAS EDWARDS
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DYDD SUL 25 MEDI 2016

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DRWY HYN yn ystod oriau penodol o'r diwrnod ac ar y dyddiad a nodir yng nghlofn 1 Atodlen 1 caiff y strydoedd neu'r rhannau o'r strydoedd a nodir yng nghlofn 2 yr atodlen honno eu defnyddio i gynnal digwyddiad perthnasol fel y disgrifir yn Adran 16(A) (1) Deddf Rheoleiddio Traffig Ffyrdd 1984, mae'r Cyngor yn unol â'r pwerau a ddysgwyddid dan Adran 16A Deddf Rheoleiddio Traffig Ffyrdd 1984 yn GORCHYMYN AC YN CYFEIRIO er mwyn hwylyso'r gwaith o gynnal y digwyddiad, galluogi'r cyhoedd i wylïo'r digwyddiad hwnnw ac i leihau ar unrhyw effaith ar draffig a achosir gan y digwyddiad, gydymffurfiaeth â'r rheoliad canlynol:-
CYFYNGIR, ac eithrio i'r hyn y darperir ar ei gyfer yn y gorchymyn, y defnydd o'r strydoedd neu'r rhannau o'r strydoedd a nodir i'r holl draffig cerbydau, gan gynnwys beiciau pedal, ac eithrio i Gerbydau'r Gwasanaethau Brys (gan gynnwys criw cych achub wedi'i alw allan), rhwng yr oriau a nodir yng nghlofn 3 o'r atodlen a nodir.
Y gosb am dorri'r rheoliad yw dirwy hyd at £1000.00.

ATODLEN

COLOFN 1	COLOFN 2	COLOFN 3
Dydd Sul 25 Medi 2016	The Esplanade, Cliff Hill a Cliff Road ar eu hyd, Bydd gwyriadau rhwng 7.00am a 5.00pm ar hyd Bridgeman Road a Marine Parade.	07.00am i 5.00pm

Bydd Arwyddion i'r Gwyriad yn cael eu gosod **Dyddiedig 15 o Fedi 2016**

M. E. Punter
Cyfarwyddwr yr Amgylchedd a Thai
Cyngor Bro Morgannwg,
The Alps, Gwenfô
CF5 6AA



THE VALE OF GLAMORGAN COUNCIL
TEMPORARY ROAD CLOSURE ORDER, SECTION 16A
ROAD TRAFFIC REGULATION ACT 1984
DISTINGUISHED GENTLEMANS RIDE
PENARTH
SUNDAY 25th SEPTEMBER 2016

NOTICE IS HEREBY GIVEN that the Vale of Glamorgan Council have made an order under Section 16A Road Traffic Regulation Act 1984 as follows:-

WHEREAS during certain hours of the day and date specified in column 1 of Schedule 1 hereto the streets or part thereof listed in column 2 of the said schedule will be used for the holding of a relevant event as described in Section 16(A)(1) of the Road Traffic Regulation Act 1984, the Council, pursuant to the powers conferred by Section 16A of the Road Traffic Regulation Act 1984 do HEREBY ORDER AND DIRECT in order to facilitate the holding of the event, enable members of the public to watch the said event and to reduce the disruption to traffic likely to be caused by the event the following regulation shall be observed:-
THAT, except as provided by the order, the said streets or parts thereof shall be closed to all vehicular traffic including pedal cycles with the exception of all Emergency Services Vehicles (including called out lifeboat crew), and Designated Event Vehicles, between the hours specified in column 3 of the said schedule. The penalty for infringement of the said regulation is a fine not exceeding £1000.00.

SCHEDULE

COLUMN 1	COLUMN 2	COLUMN 3
Sunday 25th September 2016	The Esplanade, Cliff Hill and Cliff Road throughout their lengths, Divisions between 7.00am and 5.00pm will be via Bridgeman Road and Marine Parade.	07.00am to 5.00pm

Local Signed Diversions shall be in place **Dated this 15th day of September 2016**

M. E. Punter,
Director of Environment & Housing
Vale of Glamorgan Council
The Alps Wenvoe
CF5 6AA



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Wenvoe Castle hold finals day



Dr & Mrs A M Jones Trophy winners Sheila Morrow and Paul Coombs (right).

The golf course at Wenvoe Castle is recognised as one of the finest in the region and the course was given that extra special trim for the traditional finals day.

Reaching any final is an achievement in itself after several months of knockout stages starting as far back as the spring.

The weather was kind but a stiff breeze added to the challenge and a busy programme of nine finals were to be played out with, if necessary, the excitement of sudden death.

First out was the Men's Club Championship final played over 36 holes, with Keith Stimpson defending his title against Matthew Mullooly.

In a match of the highest quality Keith had the better in the early stages but could never shake off the determined challenge of his opponent and after 36 holes the match was all square.

Sudden death on the opening par 5 hole saw both players on the green and birdie opportunities to secure the title. Matthew rolled his putt in from 15 feet and it was do or die for the defending champion who saw his putt shave the hole but fail to drop, so Matthew took the title and was crowned club champion in his first year as a club member.

The Ladies Championship followed and was another 36 hole match contested by Sheila Morrow and Jane Lott, defending her title.

It was another match of quality golf which ebbed and flowed with Sheila generally maintaining a small lead but Jane making sure it didn't develop into a commanding position.

It wasn't until the final holes that Sheila managed to shrug off the challenge and eventually won on the 34th hole and both players can be pleased with their contribution to an exciting match played in an excellent

spirit.

The Robert Rickard Cup was keenly contested by Nick Caulfield and Paul Wheatley and played over 18 holes.

The 18th saw the drama of Nick holding a crucial birdie putt to halve the match and he then went on to win the trophy at the first extra hole.

The Dragon Trophy is a knock out competition for players with handicap of 10 and over and the final was played between Jack Walsh and Tony Donovan.

The result was in doubt until the penultimate hole where Jack secured victory eventually winning by three up with one to play.

Two ladies finals followed with Delyth Thomas coming out on top against Barbara Beedham, and in the Blod Lewis Cup Jill Rogers won the 15th hole.

The H Regan Men's Foursome was the last competition to tee off and proved to be a very close contest involving Rob Campbell and Chris Jones against Leighton and David Jones.

The match looked to be going to sudden death but a late surge on the closing holes saw Rob and Chris win on the 17 hole.

It is often said third time lucky as it was in this case as the winners had reached the final on two previous occasions.

A second finals day is held to accommodate players who reach a number of finals. Sheila Morrow had reached four finals so two of these were played on the following Sunday with the other to be arranged in due course.

On Sunday Sheila paired with club captain Paul Coombs to win on the 17th hole against Brian and Judy Green in the Dr & Mrs A M Jones Trophy.

After a short lunch break it was out again in the afternoon as Sheila looked for the hat-trick in the White Cup Foursomes but it was not to be as Sheila and her partner Helen Hughes succumbed to a

fighting comeback by club secretary Nicola Sims and Heather Thompson.

The winners were two down in the first two holes and an early finish looked on the cards but they gradually pulled back the deficit to capture the trophy.

For the first time the seniors section also took the opportunity to stage their knockout final and Billy Harrington faced Nigel Thomas over 18 holes.

In recent weeks Billy had been particularly successful in club stroke play competition and saw his handicap tumble ahead of the final.

Nigel took full advantage of his opportunity and won convincingly 4&3.

On the day of each final the trophy was presented to the winner by the individual referee and on each occasion the players were complimented on the spirit in which each game was played and compliments were paid to the green staff for the outstanding condition and presentation of the course.

All winners can look forward to their names being engraved on the honours boards while the losing finalists will no doubt reflect but use the experience to go one better in the future.

BJ



Blod Lewis Cup winner Jill Rodgers (left) with runner-up Maria Venn.



H Regan Trophy winners Chris Jones and Rob Campbell (right) receiving trophy from club vice-captain Kota Dayanandar (centre).



Matthew Mullooly receiving the trophy from club captain Paul Coombs.



Sheila Morrow (on the right).

Cowbridge pupils to surf for Wales

CIERAN HUGHES (year-12) and Ffion Hughes (year-10) have been selected in the Welsh Team for the ISA World Junior Surfing Championships.

They will surf in The Azores in September.

Cieran has performed well at competitions this year and achieved great results. He has also trained well during squad sessions.

Cowbridge Comprehensive School is delighted that he has been asked to be team captain for the trip.

Ffion has performed really well in competitions this year too, and has had

some amazing results. She is one of only two girls in the team and will be competing in the under-16 category.

The school is extremely proud of Ffion.

The team are scheduled to travel there this week.

Cieran and Ffion also competed in the British School Championships in Bude. They were the only two representing Cowbridge Comprehensive School and both had great results; Cieran came away with third in the under-18 boys and Ffion won the under-14 girls. Well done!

DC

Panthers looking sharp!



Cup final winners Porthkerry Panthers are pictured looking smart in their new kit, all ready for the new season ahead. The club wish to thank Mark Barratt of Rim Motors for his sponsorship.

Injury-hit Barry Seconds are ground down by St Peters

BARRY Second XV travelled more in hope than expectation to St Peters on Saturday.

It was a minor miracle that coach Rhidian Scott and manager Ken Chow were able to field a side at all following a lengthy injury list, with players unavailable for a variety of reasons.

With that in mind, Tom Adams was given a first start at centre, whilst Dave Evans was handed the No. 10 shirt despite playing in the front row last weekend.

Despite the disruptions, Barry started brightly and used their strengths to keep St Peters at bay.

The home side wanted to play a quick, expansive game, but that was denied by the industrious Barry forwards who showcased their power. The strength and determination of the front row, led superbly by Rhys O'Sullivan, created a penalty opportunity which captain Joel Williams duly took to put his side in the lead.

Shell-shocked, the home side finally strung together some passes to put Barry under serious pressure.

After full-back Leech managed to comically clear his lines by kicking the ball over his own head to hand St Peters the initiative, the Rocks did equalise when they finally converted a penalty kick.

The inexperienced and hastily assembled Barry side, however, still had the momentum, and after denying the home side with some obdurate defending, a superb break from Williams set his side up with the territory gain, and when the ball was recycled Frank Peake was on hand to crash over the St Peters defender to give his side a 8-3 lead. Williams failed to add the extras.

The second half began in similar fashion

with Barry aggressively attacking the breakdown to disrupt any home momentum.

However, the game was turned on its head when Barry were controversially reduced to 13 men by the official.

With a two-men deficit, St Peters camped on the away line and finally found a way past to take the lead with a converted try.

It was the hosts who now had the wind in their sails as they denied Barry any ball or territory. It was no surprise when they increased their lead with an unconverted try.

At 15-8 with 10 minutes to go there was still hope for the green-and-whites, but this was extinguished when the referee failed to spot a clear case of crossing and the hosts

touched down in the corner.

There was still time for St Peters to round off their afternoon with their fourth try, and the scorecard of 25-8 in the end was harsh to the young Barry side who battled hard for much of the game, showing some superb spirit and fight along the way.

Barry second XV travel to Old Penarthians this weekend for the first round of the East District Cup.

Team: Leech; Gill, Peake, Adams, E Evans; D Evans, Williams (c); O'Sullivan, Brown, Fort; Deyes, Brooke; McTavish, C Thomas, Miller. Replacements: Turnbull, J Thomas, Chucas; Substitute not used: Chow. Man of the match: J Williams.

KC

Mixed weekend of friendlies for the Centurions

SULLY Centurions played host to touring side on Saturday and lost a close match in the last over.

Batting first, Sully Centurions were indebted to Chaudray who hit a powerful 75 and to Amais, who got 40 in a total of 233 for 4 after the allotted 40 overs.

After tea, the visitors were soon in trouble, with Rahman (3-15, including four maidens in eight overs) and Aron Arthur (3-54) bagging most of the wickets – and at the halfway stage things seemed hopeless for the team from the Forest of Dean.

However, a couple of decent partnerships, including a ninth-wicket stand of 70 between Parsons (63) and Merton (43) saw Parkend home with just three balls to spare.

Sully Centurions 233-4, Parkend 236-9.

On Sunday, Centurions entertained regular visitors Cardiff Cavaliers and ran out winners by a massive 187 runs, thanks in the main to Jake Griffith, who hit 123 and Lloyd Bruce (128 not out) in a big total of 298 for 4.

Cavaliers were always second best in the run chase and eventually finished on just 111-6. Top scorers were Thomas, who hit 34 and Parkhurst (30).

For Sully, the main wicket takers were Satish with 2-19 and Russell Thomas (2-6).

Sully Centurions 298-4, Cardiff Cavaliers 111 for 6.

This Saturday, Centurions play the last friendly of the season at home to a Warwickshire touring side – all players are asked to contact Dave Sylvester with their availability.

MF

THE BOWMEN ARE ON TARGET IN THE VALE



WE are used to seeing pictures of people participating in bowls, rugby, cricket, darts, etc, but rarely do we hear anything about archery.

There are quite a few clubs in the Vale, but ours is the only one in Barry. We are called Caerau Dragon Bowmen and our name, despite being a Barry club, came about from the origins of the people who founded our club back in 2008.

We are a friendly, family-oriented group but we do have a few members who take part in local and national competitions.

Just recently we organised our first inter-club shoot between our club, Celyn Archers from Cardiff and Archers of Underwood from Carleone.

Our coach, Simon, has just recently completed a level 2 coaching course. We have the use of St Richard Gwyn RC High School, Barry and have just finished the outdoor season on their excellent playing fields where we could shoot at distances of up to 90 metres.

We have now moved indoors where we will be limited to shooting at a distance of 18 metres until the evening light becomes more amenable.

We have a beginners course starting on September 27 and for more information email gina.burton@me.com.

Pictured are some of our members wearing our new club colours.

GB

Dinas Wolves show their bite!

THE first away game of the season saw Dinas Powys Wolves travel to the furthest point in the Vale as they looked to continue their fine start.

After having missed the summer and a lot of preseason, the villagers were happy to see Callum Hewitson back into the squad following a massive knee operation in May.

Cowbridge showed some great defending early on as Dinas struggled to find the breakthrough.

In 20 minutes though, Hewitson had other ideas, being on the pitch seconds he slotted home at the back post.

Jake Lewis moving into midfield added the second moments later with a fine half volley. Joe Doughty back from illness made it three as he smashed home an unstoppable volley from a Kyle Booker corner.

Rian Thomas then scored the fourth right on the break as he showed quality movement and outpaced the Cowbridge defence to finish from 15 yards.

The display from the visitors was as complete as you could wish as they moved the ball very well and showed they are a very talented bunch.

Connor O'Brien and Bayley Harewood linked up very well on the right creating plenty of chances. On the left, Harrison Kelly and Robson Mallam looked a true threat.

Kiean Quest showed the other side to his game as his galloping runs caused the home side to back pedal.

The second half instead of switching off, Dinas kept the tempo and style the same, as everyone

wanted to get on the ball.

Zac Fifield typified this more than anyone with a very senior-like display in the middle. Jacob Moss makes a welcome return following illness and school trips and looked as if he had never been away; strong in the tackle and showed very good composure on the ball.

Harewood, Booker and Thomas showed why speed is key to any team as they cut open the home side defence.

The back four with Jake Frost and Tylor Williams gave the team a great platform to play off.

Further goals from Rian Thomas and Callum Hewitson to complete their hat-tricks, and goals from Bayley Harewood, Robson Mallam and Kyle Booker gave the visitors a comfortable win.

Well done young Callum Hewitson – a dream comeback and man of the match display.

DINAS WOLVES 10, AFC RHOOSE 0
DINAS started very slowly with poor decision making early on.

Rhose battled very well throughout the opening 35 minutes, throwing bodies in the way and defending with a real purpose. On the break the visitors looked like they could snatch a goal.

Going in at half-time only two goals up the home side listened to the advice offered and came out a much better-looking team, moving the ball with speed and quality.

Goals from Kyle Booker, Bayley Harewood (2), Kiean Quest, Harrison Kelly, Conor Obrien, Robson Mallam, Joe Doughty, and Rian Thomas (2) saw the home side run out 10-0 winners.

LS

8 Ball pool finally comes to the Vale

A NEW 8 Ball pool league is about to be launched in the Vale.

We are looking for teams from Llantwit Major, Cowbridge, St Athan, Rhose, Barry, Sully and Penarth.

All games are to be played on a Thursday night, start time 8.15pm. The league is open to both men and women.

We are looking to establish a league in the Vale that plays by 8 Ball rules, otherwise known as county rules.

Our next objective is to start up a Vale county team to compete against

the other 47 county teams.

We know this area has enough talent locally to have a very good county side. After that, we hope to have players from the Vale league to go on and represent Wales.

We are looking for a sponsor or sponsors for the league and county team. Whether you are a team, pub, club or someone who would like to sponsor the league or county team, text Joe on 07870 498 738 or email him at valeofglamorganpoolleague@gmail.com.

JB

Be a sports coach

Do you know of training opportunities alongside the chance to coach. In return, as a coach of the future, successful candidates will be able to receive a range of benefits.

Anyone wishing to find out more can attend an information evening on September 20 between 5pm and 7pm at the Barry Docks Offices' boardroom, but must contact Rachel Shepherd of the Active Young People team on 01446 704808, or e-mail rlshepherd@valeofglamo

rgan.gov.uk to register their interest.

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GOLFING FARMERS HEAD OUT ON TOUR!

MEMBERS of the Glamorgan Farmers' Golf Society spent three days last week exploring three Championship courses located in north Devon when competing over 54 holes for the David Evans (Agriculture) Ltd trophy.

The Royal North Devon golf club, founded in 1864 and claiming to be the oldest golf course in England, welcomed the members for the first day of competition with the two courses on the beautiful but demanding Saunton Sands welcoming the tourists for the final two days.

Results from day one - first Gareth Perkins with 29 stableford points followed by David Williams with 28 points. Nearest the pin on the par three holes were Gareth Perkins, David Williams and tour organiser Chris Rooney. Councillor Ray Thomas won the longest drive prize.

Results from day two, played on the East course at Saunton Sands - 1st Geraint Davies with 35 points and a better back nine than Martyn Edwards who also scored 35 points. Nearest the pin on the par three holes were Bryan Wadham and Keith James with Councillor Ray Thomas again collecting the longest drive prize.

The final round on day three played on the west course at Saunton Sands



resulted in Julian Golunski taking first place with 31 points followed by Chris Rooney with 26 points.

Nearest the pin on the par three holes were Gareth Perkins and Julian Golunski with Clive Thomas finally collecting a prize when hitting the longest drive on the selected hole.

After three absorbing rounds society captain Geraint Davies with an overall score of 83 points was declared the overall winner to collect the David Evans [Agriculture] Ltd trophy. Julian Golunski with 82 points finished runner-up and Gareth Perkins with 80 points finished third.

Also on tour but failing to make an impression on the leaderboard were Glyn Watts-Jones, Griff Morgan, Gwyn Thomas and Chris Watson.

Members are now focussing on their next monthly competition scheduled for Thursday, September 29, at the Rhondda Golf club that will be kindly sponsored by popular member Mr Dai John.

T.McC

Tim's in form!

TWENTY-FOUR hours after winning the Bet Fred 'Hat-Trick' Heaven Handicap Hurdle at Uttoxeter last Wednesday with *Dovils Date*, Aberthin's Tim Vaughan landed the Istadia Big Outdoor Screens Handicap one-and-a-half miles flat race at Chepstow with *Master Dancer*.

The former, ridden by local rider George Blackwell, went off the 15-8 favourite and won by nine lengths from *First Light* and the latter, partnered by Mitch Godwin was made the 11-4 favourite and scored by four lengths from *Fair Comment*.

STEVE'S NEAR MISS

At Lingfield Park last Saturday, the Vale's Steve Blackwell came close to landing the £7,500 H H Sheikh Fatima Bint Mubarak Apprentice Riders' World Championship Arabian horse race held over one mile.

His seven-year-old *Al Jawaaher*, ridden by Keith Moriarty, was beaten by just a neck by James Owens' *Emiraaty* in an exciting finish.

Steve, a former point-to-point rider of note, still had plenty to smile about as he picked up a cool £3,000 for finishing second.

BRIAN LEE

Vale of Glamorgan Football League round-up

IT was the first round of the Barry Cup this past weekend with SP Billy causing the upset of the round, as they dumped Premier Division Masons Moving Group out by beating them emphatically 5-2.

Premier Division pace setters Vale United continued their excellent form as they routed Tynewydd an incredible 7-0. In the other all Premier Division clash Rhosce recorded their first win of the season by knocking out Barry Athletic 5-3.

Cowbridge Town, Penarth Town and Island Marine avoided any sort of upset by defeating division one opposition.

Cowbridge and Cardiff Airport couldn't be separated, after 120 minutes it was 2-2 with Town going on to win the dreaded penalty shoot out 4-2.

Penarth were victorious 3-1 against local rivals Sully Sports and Island Marine defeated Dockers Reunited 2-1 to advance.

The pair of Division Two teams with 100 per cent record continued their tremendous form into the cup, Barry Saints edged out Barry Albion 3-2 while Cadoxton Imps produced a big cup upset when they eliminated Division One league leaders (coming into the weekend) FC Pumas 2-0.

The teams who received a first round bye

join the competition in the second round and the draw was made Saturday evening: Cadoxton Imps vs Island Marine, Cadoxton Barry FC vs Dinas Powys Athletic, Barry Saints vs Vale United, Glenbrook vs St Athan, Cowbridge Town vs Cogan Coronation, BV vs Barry Belgrade, Sp Billy vs AFC Rhosce, Cadoxton Athletic vs Penarth Town. Some intriguing ties, and they will be played on October 1.

There was some league action this week. In Division One Barry Belgrade thumped champions Cogan Coronation 3-0 and Cadoxton Athletic won the Caddy derby against Cadoxton Barry 5-2.

In Division Two BVFC made it two on the bounce as they won 3-0 away to St Athan B to go third.

FC Pumas B got off the mark with their first win of the season to leave AFC Rhosce B bottom of the league still searching for their first point.

This week sees some great games, with the picks of the week being Premier Division league leaders Vale United, and their 100 per cent record, travelling to Barry Athletic, second playing third as FC Pumas host unbeaten Barry Athletic B in Division One.

The game of the day may just be in Division Two, with at least one perfect record guaranteed to go, as Barry Saints and Cadoxton Imps collide.

HD

Hunt racing in mourning after death of Roger Lewis

HUNT-RACING enthusiasts in the Vale will be saddened to learn of the death of Roger Lewis, who was well known not only in point-to-point circles but in the racing world in general as he worked in hospitality at Chepstow, Bath and Hereford racecourses along with his wife June who like Roger was a leading point-to-point rider in the 1960s and '70s.

Roger was only 14 when he rode his first winner April Pennant at the Llangibby Hunt Steeplechases in 1959 and his last 20 years later at the same Howick, Chepstow track on Boundtobe in 1979.

He is survived by his widow June, son Guy and daughters Hannah



Roger Lewis with his wife June at Bath Races on his 72nd birthday.

and Zoe. St Athan's Jim Thomas, who rode around the same time as Roger said: "It is very sad. He was a great family friend and when he gave up race-riding he kept in touch with the sport taking on the roles of starter and steward and was instrumental in organising the annual south Wales point-to-point dinner dance and presentation evening."

Guy, a former National Hunt jockey of note, who is an official judge at many of the big race meetings, said: "Dad passed away last Tuesday afternoon surrounded by his family and we opened a bottle of Champagne to celebrate his life. He would have appreciated the gesture."

Coychurch's Gwyn Brace told me: "Roger loved all aspects of racing and back in 1985 was most enthusiastic in starting the annual presentation of awards

evening for owners and riders with Tim Rooney, Jim Thomas and myself.

"Spillers had given up their sponsorship so the whole of the south Wales was left in a limbo. I am sure you will remember the giving of the awards at the last meeting of the year, when nearly everyone had left the course and most recipients were absent. This started our South Wales Injured Jockeys Fund which over the last 31 years has seen many riders benefit from.

"During this period of time, Roger always put the maximum effort in raising funds which enabled it to keep going to the present day. He will be sorely missed."

Having known Roger and his wife June since I started reporting on the Welsh hunt racing scene some 50 years ago, I can say hand on heart that he always had time to talk and answer any questions that I had in a friendly manner.

BRIAN LEE

Atlantic College is to host XTERRA triathlon race



UWC Atlantic College

UWC Atlantic College near Llantwit Major has been announced as the venue for the first XTERRA triathlon race to take place in Wales since 2006, with proceeds funding vital scholarship places at the college.

The off-road triathlon series will take place on Saturday and Sunday, June 3-4 in the grounds of UWC Atlantic College.

Staff at the college will also set up a children's triathlon club for the wider community as part of the UWC Atlantic College's local outreach programme.

Events will include a range of races for children aged four to 16 and a 1.5km sea swim, followed by a 30km mountain bike ride and a 10km run for adults.

Helen Jenkins, the Vale's Olympic triathlete, said: "It is extremely exciting to see a fun, challenging incredible course in and

around the amazing grounds of UWC Atlantic College.

Using proceeds to fund scholarship places and help young people experience the sport for the first time makes it all the more worthwhile and commendable.

Anyone racing will walk away knowing they raced an amazing race in a unique location."

Gerry Holden, caretaker Principal at the college, added: "We are always looking for exciting events that bring our student body and wider community together - XTERRA certainly provides us that opportunity.

Helping talented learners with financial support is always a privilege, and we are determined to continue doing so through ground-breaking events such as these."

Barrivale Bridge Club results

LATEST results from Barrivale Bridge Club for September 6:

=1st Mark Roderick & Peter Millar 60.42%; =1st Kay Dyer & Sean Macdougall 60.42%; 3rd Jenny Vaughan & Irene Thomas 57.81%. Kay Dyer and Sean Macdougall won on handicap.

New members are always welcome at Barrivale. A partner may be arranged if required.

If you would like to join us ring 01446 418380 or 01446 733425 or 01446 735592 call at the Pioneer Hall, Beryl Road, Barry on Tuesdays at 7pm.

Alternatively, players, inexperienced or new, may attend on Fridays at 10am at the same address.

DR

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Barry RFC crash against the Rocks

Barry RFC entertained St Peters in their second league game of the season, hoping to improve on the previous week's narrow defeat at Dinas Powys.

The Rocks, under coach Mark Ring, enjoy playing at a high tempo and with pace in the backs, so Barry needed to be at their best if they were to get the win.

Early exchanges saw the visitors on the attack. Barry, with a solid defence, thwarted the onslaught but this came at a price as they lost captain Hadfield to injury within the opening minutes.

Barry surprised the Rocks with a scrum against the head from which they gained a penalty after a 'handbags' moment saw the referee issue a yellow card to both sides.

Winning the resultant lineout, Barry were awarded a further penalty which was

converted by Lee for the lead.

It was essential that Barry kept the ball in hand to deny the speedy Rocks backs any chance to launch attacks and they did this to good effect. Then White was given space to attack on the outside. The ball, reached Ryan for the first try of the game, which, though not converted, gave the home side an eight-point lead after 17 minutes.

As expected, the visitors came back and camped in the home 22 but were held by some solid defending.

The referee spoke to the Barry eight regarding the scrummaging and awarded the Rocks a penalty. They opted for the scrum and the referee immediately blew his whistle to award a penalty try, to the confusion of the crowd. The conversion brought the sides to within a point with 22 minutes gone.

Barry stayed on the wrong side of the referee and conceded more penalties and were to go

behind as an infringement on the floor gave the visitors the chance to take the lead, which they duly did.

When Barry kept the ball in hand they always looked threatening and the message was clearly there as to which tactics to adopt. Regrettably their game became a mixture of good hands and bad kicking and it led to them being put under pressure as half-time approached.

The final minutes of the half saw the Rocks in control but failing to turn this into points as Barry defended well, ending the half by taking a second scrum against the head.

With the slope now to their advantage it was hoped that if they got their tactics right the game was there to win.

This didn't materialise as they chose to kick for territory – fine if it's effective but too often this was not the case and it allowed the Rocks to counterattack.

It also meant that Barry were living off scraps of possession and

struggling to match the tempo of the opposition, but even so the defence held firm.

The home scrum was being put under pressure too as the Rocks tried to turn this superiority into points but for all they tried their only reward was a penalty as Barry, although appearing disjointed somehow kept the scoreline to within five points.

The pattern of the half continued and despite replacements Barry continued to struggle and it was no surprise when they went further behind as the Rocks drove over from close to the Barry line to give them the lead at 20-8 with an hour gone.

Although Barry continued to attack when possible nothing seemed to be going their way as either passes or kicks went astray or the referee intervened to prevent any momentum, and it was from one loose clearance that the Rocks were to go further ahead with a good try as their winger found the perfect angle to bisect the home defence and cross for an unconverted try and a lead of 25-8 with 15 minutes left.

Somehow Barry found something extra and began to play with the pace and skill the supporters know they possess.

They began to harry and hound the Rocks into errors and attacked with good handling skills. This effort deserved to be rewarded and after being held up short a couple of times

Perry broke the defence with a powerful charge to the line. The conversion by Scott reduced the deficit to 10 with eight minutes left.

From the restart Barry continued to attack the visitors and although camped in their 22 and getting close on three occasions, they couldn't find that next score that would have given them a consolation bonus point, leaving the final score 25-15 in the Rocks favour.

It must be said (not as excuse) that with one or two influential players missing and losing the captain so early in the game, it didn't help Barry's cause but there are basic lessons to be learnt.

Firstly, we are a better side when we play with ball in hand and retain possession, and, secondly, if we are kicking for territory we need to be accurate. Failure to achieve either of these in the game proved costly.

The effort of the players cannot be faulted and with a bit of tweaking, I am sure they will get back the winning habit.

This week the team travel to undefeated Llantrisant with a coach leaving the club at 12.30pm and kick-off at 2.30pm.

Last week's lottery, which failed to find a winner, was drawn after the game when numbers 04, 11, 22 and 24 came out, with this week's jackpot increasing to £2,560.

AJ

Dinas ladies grind out a tough win

DINAS POWYS ladies' fine start to the season continued with three points from a tough away game at Cwmbran.

The villagers took an early lead from a Taylor Page corner where Leanne Pattermore rifled home from five yards. Laura Murray then doubled the lead as she followed up her shot to make it 2-0.

The first half saw Dinas in control and the home side rarely troubled Lea Phillips in goal as Alex Allen, Vicki Elison, Leanne Pattermore and Stephanie Garner-Joel snuffed out any danger.

The second half completely changed as the home side were awarded a somewhat dubious penalty when the ball had gone safely behind. The Cwmbran striker calmly slotted home.

For the final 20 minutes, Dinas were put under a lot of pressure as Cwmbran threw the kitchen sink at the villagers.

Last season they would have crumbled but not this season, as



they defended for each other. Kelly Tuck, Jo Jones and Rachel Bear got through plenty of work and were key to gaining three points.

Laura Lewis ran the home side ragged time

and time again to the relief of the Dinas defenders. Well done ladies.

Man of the match was Kelly Tuck with a solid all-round performance.

LS

Good end to season for Rhose bowlers

WITH all CDML matches played, Rhose men's section have had an excellent season.

They have secured promotion into the fourth division having lost only three matches out of 10. They won all five home games and

with a squad of only 21 players this is a well-deserved promotion.

The ladies section also had an excellent season, having decided to join section four of the Glamorgan County League due to difficulty last year in raising enough players to field three rinks.

In this two rink league they came a very respectable third. The ladies also came fourth in the Tuesday double rink, well done to you all.

Finals day took place on Saturday, September 10. The four bowl mixed pairs was the first match to start off what was to be an exciting day.

After a slow start, Lyn Willmot and Rita Craig found themselves 10-3 down against a very strong pairing of Colin Ashdown and Karen Bladen.

Lyn and Rita fought back hard drawing level on three occasions; however Colin and Karen were to be the final winners by two shots.

The ladies four bowl pairs saw Karen Bladen and Shirley Slee face Pat Jupp and Janet Green, Karen and Shirley being the eventual winners.

The two bowl singles between Rita Craig and Pat Jupp saw Rita emerge the winner.

The four bowl championship between Sue Dance and Jo Hopkins saw Sue Dance named the winner.

The mens four bowl pairs saw Brian Shears and Terry Martin against Lyn Willmot and Geoff Lages, Brian and Terry being the winners.

The mens two bowl singles saw Colin Ashdown play Hugh Jupp, Colin being the winner, and in the mens four bowl championship, Anthony Parsons faced Terry Martin.

After an exciting tussle Anthony was the eventual winner, and Anthony will go on to play Sue Dance to find the overall club champion – we wish them both good luck.

The day ended with the annual BBQ enjoyed by all. Many thanks to all who helped to make the finals day a happy and memorable occasion.

RC

Barry & District League tables and results

CRIB DIVISION 1:

West End 4, Rhose Social 11; Cadoxton Cons 7, West End Runaways 8; Wyndham Cons 7, Liberals 8.

League table: Liberals 18, Wyndham Cons 18, Cadoxton Cons 15, West End Runaways 12, Rhose Social 11, West End 9, Moors Boys 7.

SKITTLES DIVISION 1:

Allsorts 2, Sea View B 5; Rhose Social A 3, Barries Boys 4; Slammers 2, West End C 5; Cambrian Flyers 1.5, Rugby Club 5.5; Liberals C 2, Rhose Social C 5; Rhose Social B 5, Liberals A 2.

League table: Rugby Club 5.5, Rhose Social B 5, Rhose Social C 5, Rhose Social 5, Sea View B 5, West End C 5, Barries Boys 4, Rhose Social A 3, Allsorts 2, Liberals A 2, Liberals C 2, Slammers 2, West End D 2, Cambrian Flyers 1.5, King William XII 0.

SNOOKER DIVISION 1:

Cadoxton Cons B 2, Rhose Social C 3; Savoy A 4, Cadoxton Cons Z 1;

Penarth Cons A 5, Services Social B 0; Penarth Cons B 0, Harbour B 5.

League table: Harbour B 8, Savoy A 8, Penarth Cons A 6, Rhose Social B 4, Wyndham Cons A 4, Cadoxton Cons B 4, Rhose Social C 4, Cadoxton Cons Z 1, Services Social B 1, West End C 0, Penarth Cons B 0.

SNOOKER DIVISION 2:

Wyndham Cons C 3, Liberators 2; Harbour A 5, Market Street B 0; Cadoxton Cons A 3, Wyndham Cons D 2; Market Street C 2, Sully Sports A 3; West End A 2, Savoy B 3.

League table: Harbour A 9, Savoy B 7, Wyndham Cons C 7, Sully Sports A 6, Liberators 5, Cadoxton Cons A 4, West End A 4, Wyndham Cons D 3, Market Street C 2, West End B 2, Market Street B 1 (* = points deducted).

All league and cup fixtures and results at www.barryleagues.co.uk and on Facebook - search for 'barry leagues'.

JW

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